



WELLNESS POLICY AND HEALTHY KIDS ACT

RCCI Training June 17, 2010

USDA Federal Regulations apply to all

- Apply to:
 - ▣ National School Lunch Program (NSLP)
 - ▣ School Breakfast Program (SBP)
 - ▣ After School Snacks
- Includes:
 - ▣ Foods of Minimal nutritional Value (FMNVs)
 - ▣ Local Wellness Policy



What is the Healthy Kids Act?

- Legislation impacting:
 - ▣ Physical activity requirements
 - ▣ CPR course requirement
 - ▣ Iowa's AEs and Registered Dietitians
 - ▣ Nutritional content standards
 - ▣ DOES NOT APPLY IF NOT AN IOWA SCHOOL



Foods of Minimal Nutritional Value (FMNV)

- Restricted Competitive Foods
 - ▣ Foods that may not be sold during meal-time in any area where a reimbursable, NSLP meal is served and/or eaten
 - ▣ Restricted competitive foods are foods that contribute less than 5% of the RDI for specific nutrients



FMNV cont'd

- Example of Restricted Competitive Foods
 - ▣ Soda
 - ▣ Water Ices
 - ▣ Chewing Gum
 - ▣ Hard Candy
 - ▣ Candy Coated Popcorn
 - ▣ Jelly Beans



FMNV

Common Questions

- Our school allows students to eat their lunch anywhere on campus. Does our food service have to insure that FMNV are not sold anywhere on campus during the lunch hour?
- Our food service area is monitored to ensure that students with a reimbursable meal cannot enter the area where FMNV are sold, and vice versa. If we monitor access to FMNV, are we in compliance?
- Other entities, not our food service, sell FMNV in student eating areas during the meal period. Does this violate the policy?



Required elements



In 2006 Each Policy Required:

- Goals for nutrition education, physical activity and school-based activities to promote student wellness
- Nutrition guidelines for all foods available on the school campus and for school meals
- An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulation and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act, as those regulations and guidance apply to schools;**
- A plan for measuring implementation of the policy
- Involvement of parents, students, school administrators and members of the school board and the community.



Revisiting Your Local Wellness Policy



Action for Healthy Kids Wellness Policy Tool

www.actionforhealthykids.org



Iowa State University Wellness Policy Assessment Tool

- Online assessment tool that assists schools in Iowa in compiling data

<http://www.fshn.hs.iastate.edu/schoolnutrition/>



Schools' Progress



- Since 2006, a majority (68%) of local wellness policies meet the minimum federal requirements
- Nearly one-third of policies were not in compliance with one or more of those requirements
- Foods and beverages low in nutritional value and high in calories, fat and sugar continue to be readily available to students during the school day
- Only 4% of elementary, 8% of middle and 2% of high schools provide daily physical education (few more offer physical education three times per week)

For more information ...

- USDA Federal Regulations, visit:** <http://www.fns.usda.gov/cnd/Governance/regulations.htm>

- Iowa Healthy Kids Act, visit:** www.tinyurl.com/iowa-HKA



State of Iowa Facts



- 26.5% of children ages 10-17 are overweight or obese in Iowa compared to 31.6% nationally
- Iowa ranks 8 in overall prevalence (1 is best)
- The low prevalence of overweight and obese children has risen since 2003
- 32.6% of low-income children age 2-5 are overweight or obese in Iowa

From National Institute for Children's Healthcare Quality, www.nichq.org (Nov, 2009)



Let's Move!



America's Move to Raise a Healthier Generation of Kids

Childhood obesity or excess weight threatens the healthy future of one third of America's children. We spend \$150 billion every year to treat obesity-related conditions, and that number is growing.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

We need to get moving. Join First Lady Michelle Obama, Congress, teachers, coaches, parents, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move! has an ambitious but important goal: to reverse the epidemic of childhood obesity within a generation.

Let's Move! will give parents the resources they need: provide healthy food to schools, help our kids to be more physically active, and make healthy education tools available in every part of our country.

Learn more now! [\(2010\)](#)

Prevention Research Centers Childhood Obesity Tackler

- Read Memorandum
- Read the Event Blog



Read the transcript | Download Video: mp4 (1.07 MB) | Audio: mp3 (2.08 MB)

- <http://www.letsmove.gov/>



Who is Responsible?



- The Superintendent will ensure compliance with district wellness policies
- The Principal will ensure compliance with policies in the school and report to the Superintendent
- Foodservice staff will ensure compliance with nutrition policies and report to Principal or Superintendent
- The Superintendent will provide a wellness policy report every 3 years to the school board



Become a Team Nutrition School

- Be recognized as a program that is promoting a healthy school environment
- Receive:
 - FREE nutrition education resources
 - Monthly e-newsletter
 - Announcement about upcoming trainings and ICNs

TEAM NUTRITION IOWA™



Team Nutrition School Enrollment Form



Sample Foods List



Role Modeling Handout



SUCCESS – Healthier Students!



Thank You!



Questions?



Time for lunch

Be back at 12:45