



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:

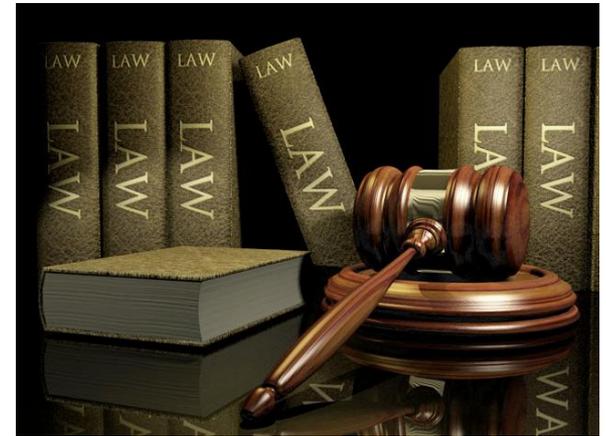
- ▣ Foods of Minimal nutritional Value (FMNVs)
- ▣ Local Wellness Policy



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)

4



- 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

The screenshot shows a web browser window with the following elements:

- Browser Title Bar:** Wellness Policy Tool & Tracker: Action for Healthy Kids - Windows Internet Explorer
- Address Bar:** <http://www.actionforhealthykids.org/school-programs/our-programs/wellness-policy-tool/>
- Navigation Menu:** Home | About Us | Contact Us | Media Center | Donate
- Logo:** Action for Healthy Kids®
- Primary Navigation:** Addressing The Issue | School Programs | Resources | In Your State | Partners | Take Action
- Left Sidebar:**
 - Our Programs
 - Game On! The Ultimate Wellness Challenge
 - Wellness Policy Tool
 - ReCharge!
 - Students Taking Charge
 - Other Programs
 - Success Stories
- Stay Connected:** Sign up for e-news and program info. Join us today! [Sign Up Now]

Main Content Area:

- Breadcrumbs:** Home > School Programs > Our Programs > Wellness Policy Tool
- Section Header:** Wellness Policy Tool
- Getting Started:** Successful creation of a local wellness policy consists of the eight steps shown below. Click on a step to learn more about it.
- Diagram:** A circular flowchart titled "Creating a Local Wellness Policy" with eight steps:
 1. Conduct Initial Homework
 2. Form the Development Team
 3. Assess the District's Needs
 4. Draft a Policy
 5. Build Awareness and Support
 6. Adopt the Policy
 7. Implement the Policy
 8. Maintain, Measure, Evaluate
- Call to Action:** Keep Kids Healthy [DONATE TODAY]
- Share Your Story:** Help us fight and prevent childhood obesity. [Tell A Friend]
- Share Your Story:** Send in how you're making kids and schools healthier. [Share Today]
- Share:** [Share] | [Facebook] | [Twitter]

Text Content:

Action for Healthy Kids developed this tool with input from our partner organizations and volunteer Team members to help you create a local wellness policy that meets your district's unique goals for nutrition and physical activity *and* take the next steps to put the policy into action to positively impact students' health and lifelong choices.

In June 2004, the Child Nutrition and WIC Reauthorization Act was signed into law, making it mandatory for all local education agencies participating in the Federal School Meal Programs to create a local wellness policy by July 2006.

This Tool is intended to help anyone involved in developing, implementing, and evaluating wellness policies by providing practical guidance and how-to information about the wellness policy process.

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 Iowa 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 American 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, community leaders, teachers, doctors, 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 solve the epidemic of childhood obesity within a generation.

Let's Move! will [give parents the support they need](#), provide [healthier food in schools](#), help our kids to be [more physically active](#), and make [healthy, affordable food](#) available in every part of our country.

Learn more and [join us](#).

President Obama Names Childhood Obesity Taskforce

- [Read Memorandum](#)
- [Read the Event Blog](#)



[Read the Transcript](#) | [Download Video: mp4 \(395MB\)](#) | [Audio: mp3 \(29MB\)](#)

□ <http://www.letsmove.gov/>



Iowa Department of Education

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

TEAM NUTRITION IOWA™ School Enrollment Form

Our Team Nutrition School Leader is:

First Name _____ Last Name _____

Title _____ School's Name _____

School Enrollment _____ Grades Taught _____

School District _____ School's County _____

School Street Address _____

City _____ State _____ Zip _____

Telephone Number _____ Fax Number _____

E-mail address _____

We agree to:

- Support USDA's Team Nutrition mission and principles.
- Demonstrate a commitment to help students meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition School Leader who will establish a team.
- Distribute Team Nutrition materials to teachers, students and parents as appropriate.
- Involve teachers, students, parents, food service personnel, and the community in interactive nutrition education activities.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other Team Nutrition Schools.

We certify our school does not have any outstanding over claims or significant program violations in our meal program.

(Print) School Principal/Administrator _____

(Print) School Food Service Manager _____

Signature _____

Signature _____

Date _____

Date _____

Return form to: **Patti Delger** or **Carrie Scheidel**, Team Nutrition Co-Project Directors,
Bureau of Nutrition, Health and Transportation Services, Grimes State Office Building, 400 East
14th St., Des Moines, IA 50319-0146 or Fax 515-281-6548 or email patti.delger@iowa.gov or
phone 515-281-5676; carrie.scheidel@iowa.gov or 515-281-4758



Iowa Department of Education

Sample Foods List

Sample Foods List



Iowa Department of Education

Included in this list are sample ideas for a la carte, vending, and regulated fundraising items that may meet the Healthy Kids Act Nutritional Content Standards. Please see the Healthy Kids Act Nutrition Calculator located at www.iowa.gov/education/HSK to ensure specific products meet the Nutritional Content Standards.

FRUIT

Fresh Fruit - serve whole, sliced, cut in half, cubed, or in wedges

Apples	Cantaloupe	Mandarin Oranges	Pears
Apricots	Cherries	Mangoes	Pineapple
Bananas	Cranberry	Nectarines	Raspberries
Blackberries	Grapes	Oranges	Strawberries
Blueberries	Kiwi	Peaches	Watermelon

100% Juice Fruit - berries, grapes, melons, peaches

100% Dried Fruit - apricots, bananas, cranberries, pineapple, raisins

100% Freeze-Dried Fruit - apples, bananas, pineapple, strawberries, peaches

Fruit Smoothies - blend bananas, berries, and pineapple or other fruit combination

Fruit and Cheese Kabobs - with reduced-fat cheese

Individual Fruit Cups - apple sauce, fruit cocktail, pears, peaches

VEGETABLES

Fresh Vegetables

Broccoli	Celery Sticks	Snap Peas	String Beans
Baby Carrots	Cucumber	Snow Peas	Tomatoes
Cauliflower	Peppers	Soy (Edamame)	Zucchini Slices

Salad - pre-made salad or a salad bar

GRAINS

Whole Grain Crackers	Puffed Rice Snacks	Single-Serving Low-Sugar Cereals
Whole Wheat English Muffins	Cereal Bars	Baked Tortilla Chips
Low-Sodium Pretzels	Popcorn	Whole Grain Flat Breads
Multi-Grain Pita Chips	Whole Grain Granola Bars	

DAIRY

Reduced-Fat Cheese Slices/String Cheese - cheddar, mozzarella, swiss

Yogurt - plain, flavored, flavored

Yogurt and Fruit Cups

NUTS/SEEDS

Sunflower Seeds	Mixed Nuts	Peanuts	Almonds	Cashews
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BEVERAGES

Low-Fat and Fat-Free Milk	Water	100% Fruit and Vegetable Juice
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This publication was made possible by a Wellmark Foundation Grant, Building on the Healthy Kids Act Opportunity.



Iowa Department of Education

Role Modeling Handout

Role Modeling for Healthy Kids



Adults are powerful role models for youth. This handout suggests ways school staff can be role models for students. As our district implements healthier foods and more opportunities for physical activity, you can help reinforce positive health messaging through your actions.

How can staff be role models?

Select nutritious foods.
The best way for you to encourage healthy eating is to eat well yourself. Students will follow the lead of adults they see every day. If you regularly snack on donuts and soda, you can't expect youth around you to make more healthful choices. By snacking on smarter choices such as fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products, and not overindulging in foods high in saturated fat, sodium, and added sugar, you'll be sending the right message.

Be physically active.
Are you active enough? Experts recommend that adults get at least 30 minutes of moderate to vigorous physical activity each day. For children and adolescents, it's at least 60 minutes of physical activity on most days of the week. If you are active, let your students know how important exercise is to you. Encourage them to follow your lead. It is never too late to start!

Encourage your students to eat breakfast and lunch.
Breakfast and lunch may help kids concentrate and learn and may also help keep them energized throughout the day. Research suggests that not having breakfast can affect a child's intellectual performance. Encourage students to eat breakfast and lunch instead of skipping meals or relying on options that are high in saturated fat, trans fat and added sugar.

Incorporate wellness messages and activities into the school day.
Talk with students about the importance of making nutritious choices and being physically active. Then, go a step further and create a classroom environment that supports these behaviors. Identify ways to include nutrition information into reading, math, science and other subjects. Schedule brief physical activity breaks throughout the day. Immerse your students in an atmosphere of health.

Join efforts to better the wellness environment of your school.
Consider joining your school's health and wellness council/committee. Provide suggestions for ways to improve the nutritional quality of foods offered to students (i.e. in classroom parties, concessions) and increase the number of physical activity opportunities students have throughout the day. Most importantly, encourage your students to get involved as well.

This handout was adapted from Texas Nutrition's Empowering Health with Nutrition and Physical Activity resource. For additional resources, visit Texas Nutrition's web site: <http://www.tn.usd.gov/tn/>

This publication was made possible by a Walmart Foundation Grant, Building on the Healthy Kids Act Opportunity.



SUCCESS – Healthier Students!



Iowa Department of Education

Thank You!



Questions?



Time for lunch

**Be back at
12:45**