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 AEAs 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
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

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.

1. Conduct Initial Homework
2. Form the Development Team
3. Assess the District Needs
4. Draft a Policy
5. Build Awareness and Support
6. Adopt the Policy
7. Implement the Policy
8. Maintain, Measure, Evaluate

Creating a Local Wellness Policy

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 lifestyle 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/
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 …


- Iowa Healthy Kids Act, visit: [www.tinyurl.com/iowa-HKA](http://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

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

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 School Enrollment Form

Our Team Nutrition School Leader:
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 ____________________________ Tax Number ____________________________
Email Address ____________________________

We agree to:
- Support USDA’s Team Nutrition mission and principles.
- Demonstrate a commitment to help students eat 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.
- Encourage teachers, students, parents, food service personnel, and the community in interactive nutrition education activities.
- Demonstrate a wellness Child Nutrition Program.
- Share successful strategies and programs with other Team Nutrition Schools.

We certify our school does not have any outstanding non-compliance or significant program violations in our meal program.

[Signature] [Signature]
[Title] [Title]

Date Date

Return form to: Dave Delger, Team Nutrition Co-Project Director, Office of Nutrition, Health and Transportation Services, Gracie State Office Building, 100 East 14th St., Des Moines, IA 50319. Or Fax 515.311.5664 or email delger.dave@iowa.gov or phone 515.311.9710; draper.sandra@iowa.gov or 515.311.7178
**Sample Foods List**

Inclusion on this list are sample ideas for a to-go, school, or other food item that may meet the Healthy Kids Act Nutritional Content Standards. Please see the Healthy Kids Act Nutrition Calculator located at [wwwЬ.]

<table>
<thead>
<tr>
<th><strong>Fruit</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Carrot</td>
</tr>
<tr>
<td>Apricot</td>
<td>Cherry</td>
</tr>
<tr>
<td>Banana</td>
<td>Cranberry</td>
</tr>
<tr>
<td>Blackberry</td>
<td>Date</td>
</tr>
<tr>
<td>Blueberry</td>
<td>FIGs</td>
</tr>
<tr>
<td>100% Juice Fruit</td>
<td>100% Fruit</td>
</tr>
<tr>
<td>100% Fruit/Vegetable</td>
<td>100% Fruit</td>
</tr>
<tr>
<td>Fruit Smoothies</td>
<td>Fruit Smoothies</td>
</tr>
<tr>
<td>Fruit and Cheese Bars</td>
<td>Fruit and Cheese Bars</td>
</tr>
<tr>
<td>Individual Fruit Cups</td>
<td>Individual Fruit Cups</td>
</tr>
<tr>
<td>Individually Packaged</td>
<td>Individually Packaged</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td><strong>Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Butternut Squash</td>
<td>Celeriac</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Celery Sticks</td>
</tr>
<tr>
<td>Celery</td>
<td>Corn</td>
</tr>
<tr>
<td>Celery Stalks</td>
<td>Corn</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Corn</td>
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<td></td>
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<tr>
<td><strong>Grains</strong></td>
<td></td>
</tr>
<tr>
<td>Whole Grain Crackers</td>
<td>Oat Pancakes</td>
</tr>
<tr>
<td>Whole wheat English Muffins</td>
<td>Whole wheat English Muffins</td>
</tr>
<tr>
<td>Low-Calorie Pretzels</td>
<td>Brown Bread</td>
</tr>
<tr>
<td>Multi-Grain Flakes</td>
<td>Butternut Squash</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td><strong>Dairy</strong></td>
<td></td>
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<tr>
<td>Reduced-Fat Cheese</td>
<td>Cheese</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Yogurt and Fruit Cups</td>
<td>Yogurt and Fruit Cups</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nuts &amp; Seeds</strong></td>
<td></td>
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<tr>
<td>Sunflower Seeds</td>
<td>Sunflower Seeds</td>
</tr>
<tr>
<td>Peanut</td>
<td>Peanut</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td></td>
</tr>
<tr>
<td>Herbal Tea</td>
<td>Herbal Tea</td>
</tr>
<tr>
<td>Water</td>
<td>Water</td>
</tr>
</tbody>
</table>

This publication was made possible by a Wal-Mart Foundation Grant to build on the Healthy Kids Act Opportunity.

*Healthy Kids*
*Iowa Department of Education*
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 eat donuts and soda, you can’t expect youth around you to make more healthful choices. By making more healthful 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 will 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. Immure 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 committees. 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: Empowering Youth with Nutrition and Physical Activity Resources. For additional resources, visit Texas Nutrition’s site at the http://www.texasnutrition.com.

This publication was made possible by a Wellmark Foundation grant, building on the Healthy Kids Act Opportunity.
SUCCESS – Healthier Students!
Thank You!
Questions?

Time for lunch
Be back at 12:45