Team Nutrition

- Carrie Scheidel
- Iowa Department of Education

Healthy School Environment

- Provides students nutrition education
- Healthy foods available
- Quality PE
- Physical activities
- Bulletin boards, announcements, teacher/student recognition, etc.
- Wellness is a part of major school events

School Wellness Policies

- Child Nutrition and WIC Reauthorization Act
  - June 30, 2004
  - Every school district enact a wellness policy by the first day of 2006-07
- Healthy Hunger-Free Kids Act
  - 2010
  - Monitoring and informing

School Wellness Policies

- Include at a minimum, goals for
  - Nutrition education
  - Nutrition promotion
  - Physical activity
  - School-based activities to promote student wellness
  - Nutrition Guidelines for foods

Public Notification

- Required to inform and update the public (including parents, students, and others in the community) about the content and implementation.
  - Effective Fall 2012
Stakeholder Involvement

• Required to involve parents, students, school food service, physical education teachers, school health professionals, the school board, school administrators, and the public in the development.

Why Involve Students?

• Students are stakeholders
• Support the policies they helped create
• Best advocates for healthy schools

Are students interested?

• The right to a safe and healthy school environment
• Increase physical activity and healthy food options
• A role model for their siblings and peers
• Improve their own health
• Want to make a difference

Student Recruitment

• Reach out to existing student groups
• Ask school staff and teacher for recommendations
• Post information in hallways, website, morning announcements

Successful Student Participation

Group needs to have an identity!
• Wellness Warriors
• BeeWell
• Healthy Choices

• Be clear about roles and expectations
• Create more than one student position
• Prioritize students in your action plan
• Cultivate leadership in their peers

Changes to Advocate For

• Programs
  – Taste testing
  – Video Contest
• Practices
  – Adding healthy items to vending
  – Adding after school physical activities
• Policies
  – Adopting nutrition criteria for fundraising
  – Requiring in-class activity breaks
### Elementary Students

- Poster contests
- New food item taste testing
- Morning announcements
- School Gardens
- Breakfast Club
- Walk to school program
- MyPlate Food Drive
- MyPlate Week
- Menu naming contests

### Middle/High School Students

- Taste testing
- Menu development
- Breakfast Buddies
- PA Announcements
- Recipe Contest: Iron Chef Style
- Design posters and bulletin boards
- Active Assemblies
- Street Marketing
- Parent Teacher Conferences
- Vending Machine/Store
- Video Challenge

### Youth in Action for a Healthy Iowa

**VIDEO CONTEST**

- Clinton High School

[Link to video contest](http://www.youtube.com/watch?v=RZF2rPZuGH4&safe_mode=true&persist_safety_mode=1&safe=active)
Youth Led

Tobacco Prevention Focused

Statewide

Community Partnerships

Questions

- Garin Buttermore
- 515.281.4299
- garin.buttermore@idph.iowa.gov
- Facebook.com/turnyourbackontobacco
- Twitter: @Istep_IA
- YouTube: IowaSTEP
Grant Schmitt

• I-STEP Executive Council
• Ottumwa Community School District

Reason #1

• I believe tobacco companies are getting away with murder. They know their products kill people but they still sell them because to them money is more important than millions of lives.

Reasons #2

• I want people’s stories to end. Enough of the families and friends being torn apart. The dead are not the only victims, so are the survivors. These people deserve justice.

Reason #3

• I believe in giving youth a future or a chance in life, something tobacco and booze won’t give them. Tobacco and booze will get them in jail or 6ft under. This is why I fight.

Cassie Johnson

• I-STEP Executive Council
• Van Buren Community School District

• I’ve been with this program since the 7th grade and will continue do this work for the rest of my life. I joined this group for multiple reasons.
$250 Mini-Grants

• Iowa Partners: Action for Healthy Kids
• Student Led Wellness Initiatives
• Nutrition and Physical Activity
  – Healthy snack store
  – Taste testing
  – Walking clubs
  – In-class activity breaks
  – School garden supplies
  – Poster Contest
• Deadline: March 15, 2013

Questions?

• Carrie Scheidel
• Iowa Department of Education
• carrie.scheidel@iowa.gov

April 4 – Boone YMCA CAMP