



## Policy

For the Health of Our Kids!

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# What You Can DO

## Local Wellness Policy

### Legislative Background

- Signed by President Bush, July 14, 2004
- Each district participating in the USDA's School Meal Program is required to have a local school wellness policy by the school year beginning *July, 2006*



## Why the Need for Local Wellness Policy

- 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
- Puts responsibility at the local level



# Wellness Policy Provisions

- Goals for nutrition education, physical activity & other school based activities
- Nutrition Guidelines for all foods available during the school day
- Guidelines for school meals not less restrictive than regulations
- Plan for measuring implementation of the policy



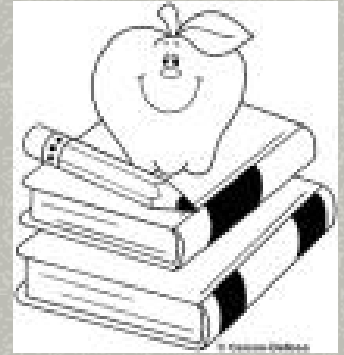
# Policy Provisions

## Component #1

- ✓ Appropriate goals designed to promote student wellness for:
  - ✓ *nutrition education*
  - ✓ *physical activity*
  - ✓ *other school based activities*



# Nutrition Education (Sample Language)



- Students in grades pre-K through 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.



# Nutrition Education

(Sample Language)

- Students receive consistent nutrition messages throughout the school and classroom
- State and district health education curriculum standards and guidelines include nutrition education and physical education



# The 3 C's Approach







# Nutrition Education

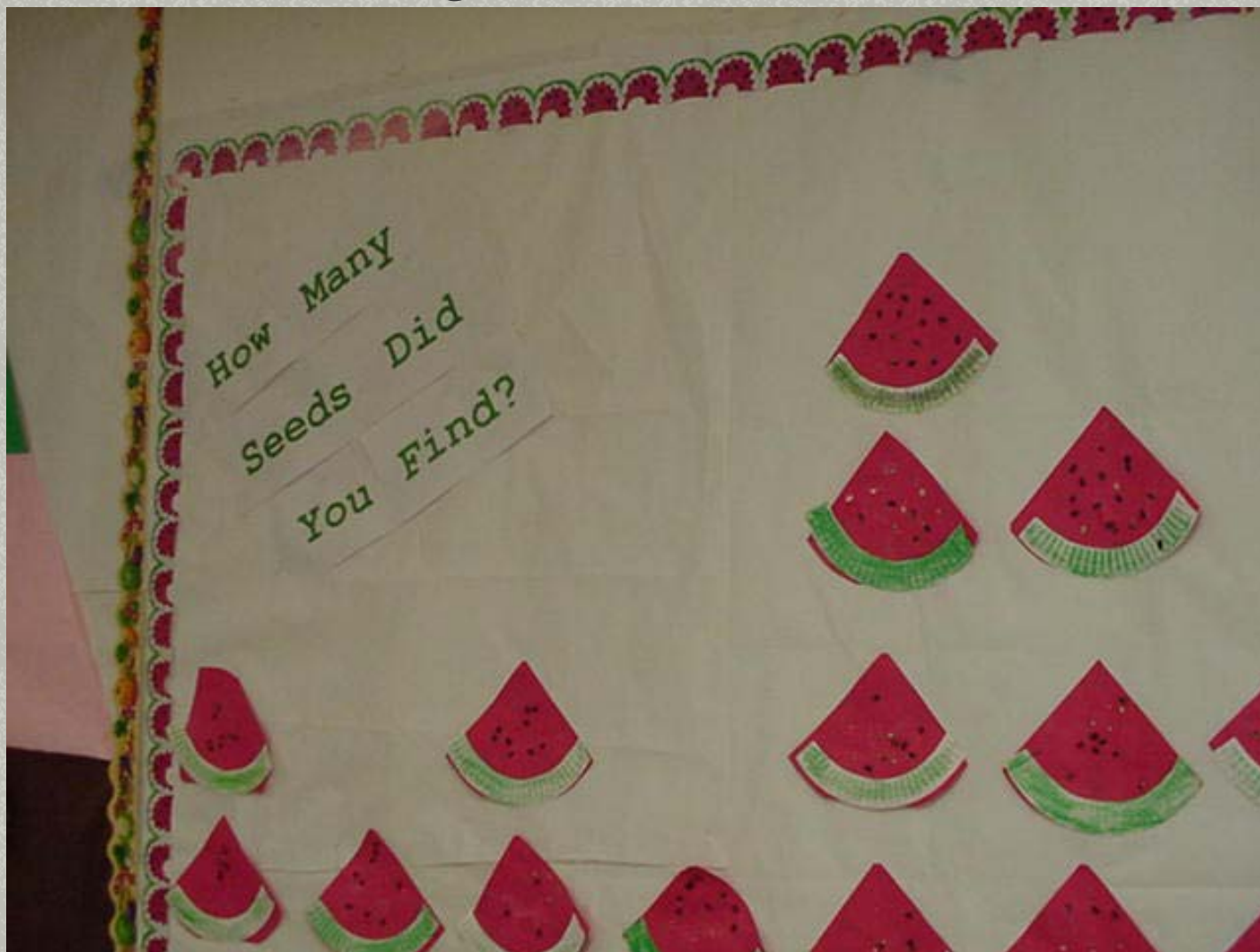
## Fitting It All In

- **Evaluate school breakfast menu**
- **Sharing (aka oral language, vocabulary development)**
- **Music/physical activity breaks**
- **Intercom announcements**
- **Riddles, songs, nutrition Facts**
- **Food Journals**
- **Work it into all academic areas**

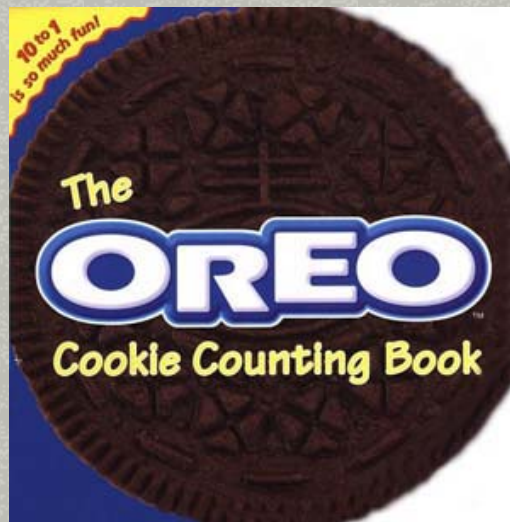
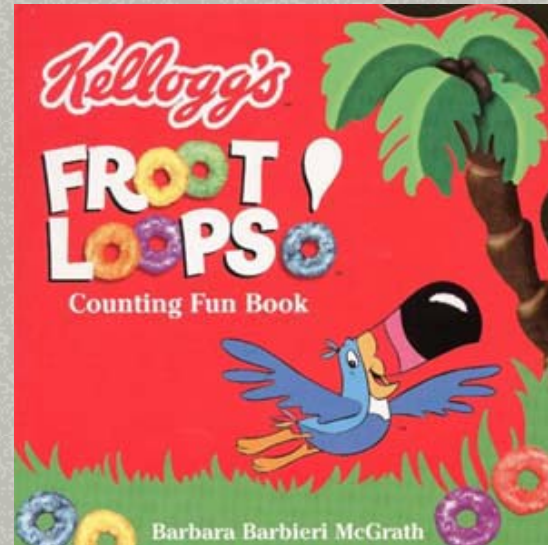


# Nutrition Education

## Fitting It All Into Academics



Not This!





# Gardens Will Grow Anywhere





# Gardens Will Grow Anywhere





# Physical Activity

## (Sample Language)

- Students are provided opportunities for physical activity during the school day beyond the State PE requirements through daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.



# Physical Activity

## (Sample Language)

- Students are given opportunities for physical activity through a range of after school programs including intramurals, interscholastic athletics, and physical activity clubs.



## Other School Based Activities (Sample Language)

- Space that is adequate to accommodate all students and pleasant surroundings that reflect the value of social aspects of eating are provided.
- Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.





## Other School Based Activities

### (Sample Language)

- Food or physical activity is not used as a reward or punishment.
- Adequate time to enjoy healthy eating is provided not in competition with free play time.

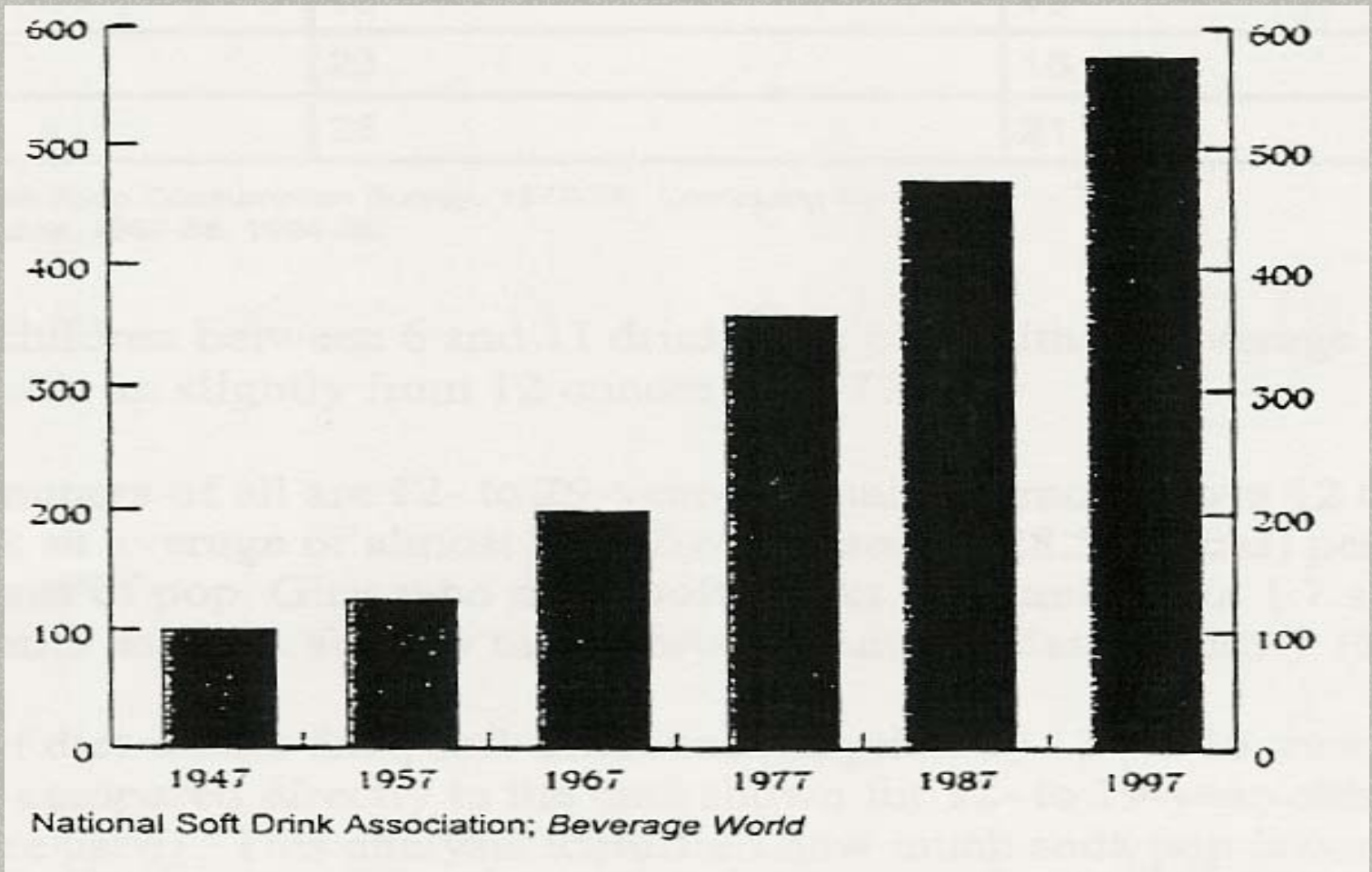


# School Wellness Policy Provisions

## Component #2

- ✓ *Nutrition guidelines for all foods available during the school day, in efforts to promote student health and reduce childhood overweight*

# Annual soft drink production in 12 oz cans/person





## Nutrition Standards (**sample model language**)

- Guidelines or standards are established for foods and beverages sold a la carte in the school cafeteria
- Guidelines or standards are established for foods and beverages sold in vending machines, snack bars, school stores, and concession stands.



## **Nutrition Standards (sample model language)**

- Guidelines or standards are established for foods and beverages sold as part of school-sponsored fundraising activities.



# Wellness Policy Provisions

## Component #3

- ✓ Assurance that *nutrition guidelines for school meals will not be less restrictive than federal regulations.*



# Wellness Policy Provisions

## Component #4

A plan for *measuring the effectiveness of the wellness policy*, including the designation of at least one person to oversee the activities and maintain responsibility for program operation



# Wellness Policy Provisions

## Component #5

The policy development team should include:

- ✓ Parents
- ✓ Students
- ✓ Child nutrition staff
- ✓ Representatives of the school board
- ✓ School administrators
- ✓ Community members
- ✓ Others: teachers, school nurse, etc



# Web-Based Technical Assistance



[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)



*Click on Local Wellness Policy or  
Healthy Schools*



# Sample State Agency Nutrition and Physical Activity Policies

- ✓ *Arkansas's Child Health Advisory Committee Recommendations*
- ✓ *Arizona's Action for Healthy Kids State Team School Nutrition-Healthy Environment Model Policy*
- ✓ *Colorado's School Site Resource Kit: Implementation Guide for the Colorado Physical Activity and Nutrition State Plan 2010*
- ✓ *North Carolina's Eat Smart: Recommended Standards for All Foods Available in School*
- ✓ *Rhode Island Healthy Schools Coalition's Model Policy Language for School District Nutrition & Physical Activity*
- ✓ *South Carolina DOE's Recommendations for Improving Student Nutrition and Physical Activity, 2004*
- ✓ *Others*



# National Publications

## Federal and Non-Governmental

- ✓ CDC's *Guidelines for School Health Programs to Promote Lifelong Healthy Eating and Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*
- ✓ CDC's *School Health Index: A Self-Assessment and Planning Guide*
- ✓ USDA's *Healthier US School Challenge*
- ✓ NASBE's *Fit, Healthy, and Ready to Learn*
- ✓ [www.nasbe.org](http://www.nasbe.org)





# Public Health Institute

## Focus on Solutions

### Policy Briefs:

- Are Nutrition Standards for Competitive Foods Feasible
- Food Fundraising at School
- Is Physical Activity By Itself the Answer

Web site: <http://www.phi.org>

*go to resource library then scroll down to briefs*



# Resources

## *Healthy Food Policy Resource Guide*

Published by the CA School Boards  
Association and CA Project LEAN

Web site: [policy@csba.org](mailto:policy@csba.org)

800-266-3382

Cost \$20



# State Update & Resources

- California Department of Education, Nutrition Services Division
  - State staff has been assigned
  - Working with CSBA to develop a joint letter
  - Developing a web based resource
  - Identifying tools



# State Update & Resources

- SDCOE and Coordinated School Health San Diego Trainings
  - 1<sup>st</sup> Training May 16<sup>th</sup> videoconference (flyer in binder)
  - 2<sup>nd</sup> Training will be provided in the Fall
  
- SHAPE Meetings
  - Fresno Co, May 11<sup>th</sup>
  - Alameda Co, May 6<sup>th</sup>
  - Orange Co, June 8<sup>th</sup>
  - Mendocino Co, May 19<sup>th</sup>
  - Sacramento Co, ??



# What You Can DO

Healthy and Ready to Learn Event  
May 13<sup>th</sup>, 2005 at Children's Hospital  
Recognizing Coordinated School  
Health Efforts





# Coordinated School Health

Planned, integrated, school-affiliated programs designed to enhance the health of youth and comprising interrelated components:

Comprehensive school  
health education

Health Promotion  
for Staff

Physical  
Education

Parent/Community  
involvement

Nutrition  
Services

Healthful school  
environment

Counseling, psychological  
and  
social services



# Food for Thought

*The Man Who Believes  
He CAN Do Something*

*Is Probably Right,*

*and*

*So is the Man*

*Who Believes He CAN'T*