School Wellness

Strengthening Local School Wellness Policies

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Imperial Valley Health Dept. and Partners of COPA
Name

Where You’re From

Favorite Childhood or School Snack
Inland Desert
Training & Resource Center

- New resource hub at UC San Diego’s Center for Community Health
  1. Training and TA
  2. Media and PR
  3. Coalition Building
- Serve as capacity builders, supporting 5 county service area:
  1. Imperial
  2. Inyo
  3. Riverside
  4. San Bernardino
  5. San Diego
- Project of NEOPB, funded by USDA SNAP-Education
Training Objectives

1. Identify core requirements of a school wellness policy.

2. Access and become familiar with tools and resources.

3. Learn strategies to support local school wellness councils on strengthening policies.
Healthy Schools, Healthy People

- Health and Education are interdependent systems.
  - Improving graduation rates reduces health disparities.
  - Did you know…?
    - Graduation from high school is associated with an increase in average lifespan of 6-9 years.

Source: Center for Disease Control, Allensworth et al., 2011
Why School Wellness?

- Healthy, well-nourished, physically active students:
  1. Are more prepared to learn.
  2. Have increased concentration and better test scores.
  3. Have less absences.
  4. Have a more positive attitude about school.

Source: California Project LEAN
Policy Overview
School Wellness Policy- What is it?

Written document that guides a local educational agency (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.
School Wellness Policy - Who Should Have One?

Any local educational agency or school district that participates in the National School Lunch or Breakfast Program.
Why Local?

- You know the **unique challenges and assets** of your school communities best.

- Local policy development allows **fine tailoring to best suit the needs** of the children and school environments in your neighborhoods.

- Working **locally for change moves at a faster pace** to support health.
Policy History
School Wellness Policy Timeline

- 2004, Child Nutrition & Reauthorization Act
  - Goals for Student Wellness
  - Nutrition Guidelines
  - Evaluation and Operational Oversight
  - Stakeholder Engagement
School Wellness Policy Timeline

• 2010, Healthy, Hunger-Free Kids Act
  – Stronger Nutrition Guidelines
  – Nutrition Promotion Goals
  – Broader Stakeholder Engagement
  – Public Notification and Education
  – Implementation
  – Compliance at School Site
School Wellness Policy Timeline

• 2014, Smart Snacks in Schools
  – Refers to any food or beverage sold outside a school meal
    • A la carte, vending machines, school stores, snack bars, other venues
  – Includes:
    • More healthy wholesome foods
    • Less unhealthy processed foods
    • Targeted beverage standards allowing variation by age group
    • Flexibility for important traditions
What Goes in a Policy?
Wellness Goals

Goals for:

- Nutrition education
- Nutrition promotion
- Physical activity
- Other school-based activities that promote student wellness

Tip: Look for evidence-based & practice-based strategies to develop these goals. Resources coming up.
Nutrition Guidelines

Nutrition guidelines for all foods and beverages available on the school campus during the school day that are consistent with:

- School Meal Nutrition Standards
- Smart Snacks in School
  - Begins 2014-2015 school year

Tip: Help Schools Engage Decision-Makers
Food & Beverage Marketing

Allows marketing and advertising of only those foods and beverages that meet Smart Snacks in School Guidelines.

Click above for USDA video
Stakeholders
Who Should be Involved?

Public Involvement is Key (and required!)

• One or more school or district officials who have the power and responsibility to ensure policies are implemented and followed.
  – Examples: Superintendent, Food Service Director, etc.

• Permit and solicit for participation by the general public and the school community.
  – Examples: Parents, Students, Teachers, Community-based Organizations, Local Business Owners
Compliance

- Annual Progress Reports
- Assess policy every 3 years
- Inform public on policy updates and progress
- Monitoring and Oversight

How Are We Doing?
Case Study

Who: Anderson Union H.S. District in Shasta County

What: Eliminate competitive foods.

Why: Increase healthy food consumption, increase school meal participation.

How: Changes to eating environments, increased menu options, involved students and parents in menu development.

Results: Increase school meal participation, greater collaboration and involvement by students, parents, food services, and public health agencies.

Source: California Project LEAN
Examples of resources you use or have heard of?
Nutrition Promotion

Promotion: What, how, and where
Other Wellness Promotion Activities
Nutrition Guidelines

• California School Meal Nutrition Standards

Click logo to view standards

• California Smart Snacks in School

Click logo to view standards
Supporting Schools
Helping School Wellness Councils

• Act as a liaison between school & community partners
• Learn the lingo
• Be a role model
• Help with policy assessment & development
• Share resources
• Become a council member
  – San Diego partnership example
Practice in Groups

1. Procure more local regional produce for cafeteria salad bar.
2. Promote water consumption in high school students.
3. Increase dedicated nutrition education time in the classroom.
4. Decrease plate waste in the cafeteria.
5. Increase weekly recess time in elementary school.
Check for Learning

1. What are the 3 content areas that must be included in a local school wellness policy?
   A. Wellness goals
   B. Nutrition guidelines
   C. Food & beverage marketing

2. What are some examples of tools for each content area?

3. How can you help school wellness councils in your area?
Promising & Best Practices

PSE- School Wellness
July 9, 2014

PSE- Farm to Fork/School
July 15, 2014

PSE- Joint Use Agreements
July 16, 2014

Opportunities listed are teleconferences led by CDPH. 
[Click here](#) for more info or to register.
Resources & Questions?

Click photos in this presentation for an active resource link.

Got a question brewing but not ready to ask it just yet?

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