



School Wellness

Strengthening Local School Wellness Policies

Elle Mari

Senior Manager, Training and Technical Assistance
Inland Desert Training and Resource Center
Center for Community Health
UC San Diego



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Imperial Valley Health Dept. and Partners of COPA

Three bright red apples are stacked vertically on top of a stack of books. The books have various colored covers, including green, red, and tan. A piece of pink chalk is resting on the top book.

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

Taste Test Form						
Directions: Circle the number that best answers each question. 1 is the worst and 6 is the best.						
						
How does the food look?	1	2	3	4	5	6
How does the food taste?	1	2	3	4	5	6
How is the texture? How does the food feel in your mouth?	1	2	3	4	5	6
How does the food smell?	1	2	3	4	5	6
How would you rate the food overall?	1	2	3	4	5	6
Office Use Only						
Panelist Code:			Date:			

Food & Beverage Marketing

 United States Department of Agriculture

Smart Snacks In School

USDA's "All Foods Sold in Schools" Standards

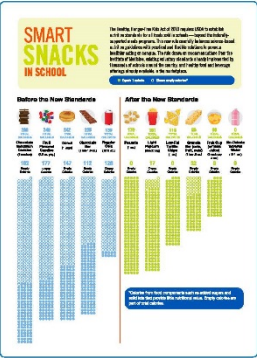
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- Any food sold in schools must:
 - Be a "whole grain-rich" grain product, or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food, or
 - Be a combination food that contains at least 1/4 cup of fruit and/or vegetable, or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- Foods must also meet several nutrient requirements:
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - ≤ 35% of weight from total sugars in foods



*On July 1, 2019, foods may not qualify using the 10% DV criteria.
**On July 1, 2019, snack items must contain ≤ 200 mg sodium per item.

Click above for USDA video

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

Tip: Check out CDE's Quick Reference Cards



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.

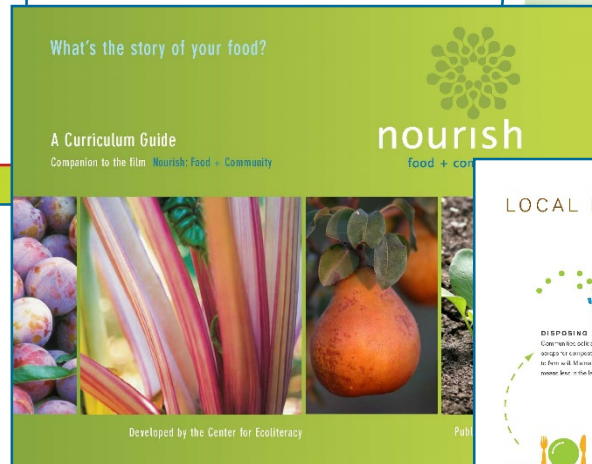
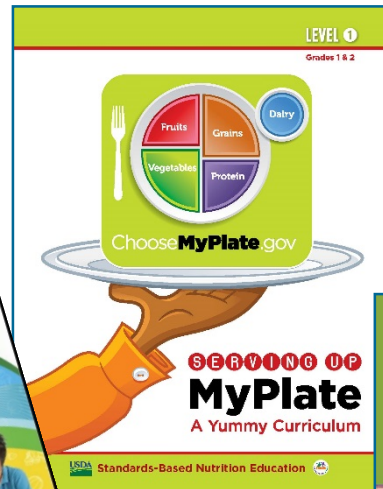
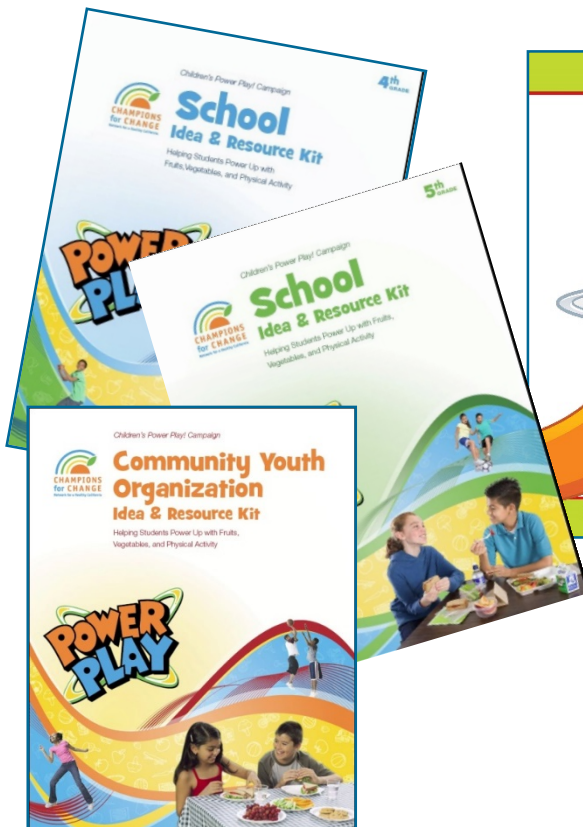
Source: California Project LEAN



Tools for Wellness Goals

Nutrition Education

Examples of resources you use or have heard of?



Nutrition Promotion

Promotion: What, how, and where



MORE SERIOUS SPINACH FUN!

Fruits and Vegetables from A to Z
List a fruit or vegetable for each letter of the alphabet.

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V <u>free space</u>
J	W
K	X <u>free space</u>
L	Y
	Z

Nutrition Facts
Serving Size: 1 cup, uncooked (24g)
Amount Per Serving
Calories from Fat 15

Total Fat	1g	2%
Sodium	10mg	2%
Total Crap	1g	2%
Total Spinach	1g	2%
Protein	1g	2%
Total Fat	1g	2%
Total Crap	1g	2%
Total Spinach	1g	2%

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Spinach is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include spinach, broccoli, cauliflower, asparagus, peas, green cabbage, collard greens, cucumbers, leeks, watercress, kiwis, green apples, green grapes and honeydew melon.

What is a Serving?
A serving of raw spinach is one cup, or about two cupped handfuls. A serving of cooked spinach is about one-half cup.



Southwest Slaw

Makes 8 servings.
1/2 cup per serving.

Prep time: 10 minutes

Ingredients

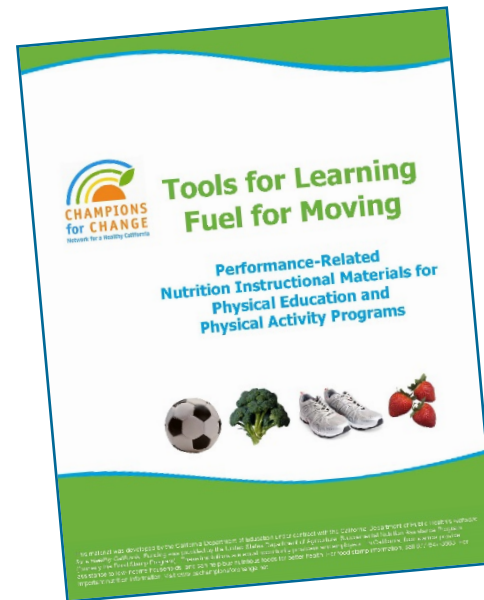
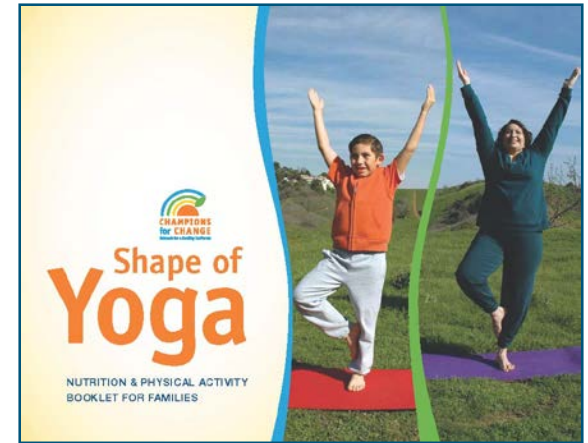
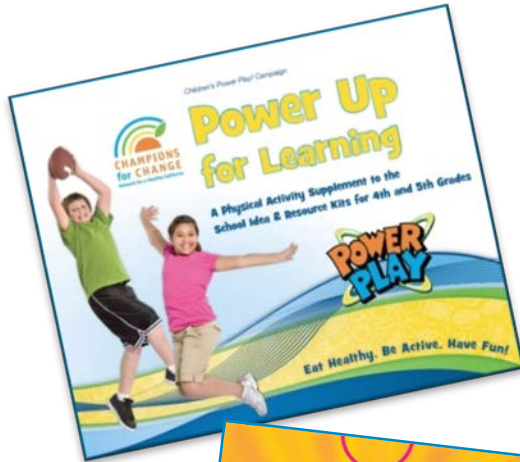
- (1 16-ounce) bag coleslaw mix (or 5 cups thinly sliced green cabbage + 1 cup grated carrots)
- tablespoons lime juice or rice vinegar
- tablespoon canola, olive, or vegetable oil
- teaspoon chili powder
- teaspoon sugar
- teaspoon salt
- cup toasted pepitas or sunflower seeds
- tablespoons chopped cilantro or parsley (optional)

Preparation

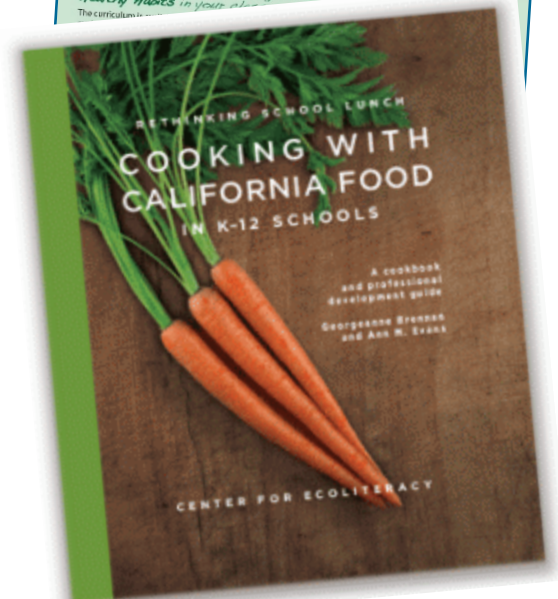
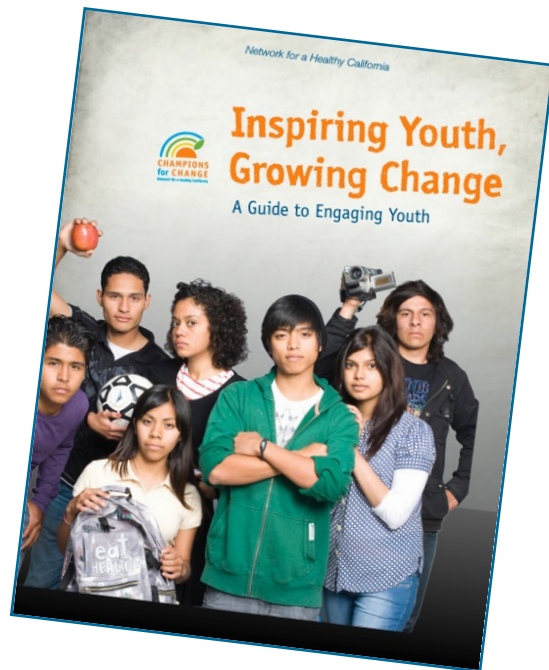
- Pour coleslaw mix into a large bowl. Set aside.
- Whisk together lime juice, oil, chili powder, sugar, and salt. Pour over coleslaw mix. Stir to combine.
- Top with toasted pepitas or sunflower seeds and serve immediately.

Nutrition information per serving:
Calories 25, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 240 mg

Physical Activity



Other Wellness Promotion Activities



Nutrition Guidelines

- **California School Meal Nutrition Standards**



Click logo to
view standards

- **California Smart Snacks in School**



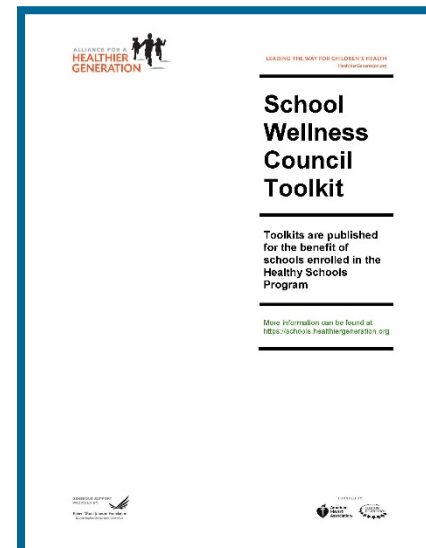
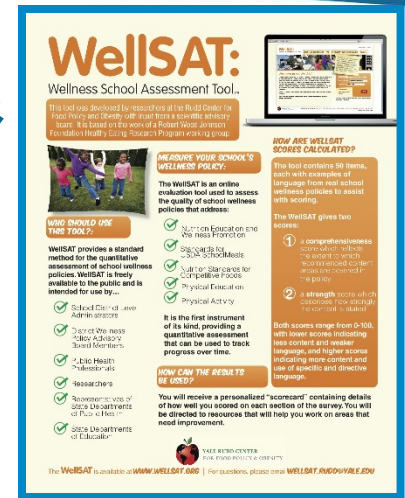
Click logo to
view standards



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?

Contact me:

Elle Mari

Inland Desert Training & Resource Center

emari@ucsd.edu

619-681-0655