



## The Value of Crafting an Individualized Local School Wellness Policy

2<sup>nd</sup> Annual School Wellness Summit  
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**Katherine Hawksworth**  
*California Project LEAN*



# California Project LEAN (CPL)



- **CPL is a program of the Public Health Institute (PHI)**
- **CPL works to advance nutrition and physical activity policy in schools and communities**
- **Efforts are centered on:**
  - Youth and parent empowerment approaches
  - Policy and environmental change strategies
  - Community-based solutions

[www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org)

# California Project LEAN (CPL)

CPL has served as a training and technical assistance provider for many statewide and local initiatives:

- **Healthy Eating, Active Communities**
- **Building Healthy Communities**
- **Healthy Eating Active Living (HEAL)**
- **Communities Putting Prevention to Work**
- **Community Transformation Grant (CA4Health)**
- **Training and Resource Center (Bay Area and Central Valley)**



## Healthy Eating and Physical Activity: FACTS

**The number of teens who are overweight is increasing in the United States where three of every ten youth are overweight or obese and rates are higher for African American and Latino youth.**

Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of Childhood and Adult Obesity in the United States, 2011-2012. JAMA. 2014;311(8):806-814. doi:10.1001/jama.2014.732.

## Healthy Eating and Physical Activity: FACTS

**Most teens eat more fat and added sugar than is recommended. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.**

Reedy J, Krebs-Smith SM. Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States. *Journal of the American Dietetic Association* 2010;110:1477–1484.

## Healthy Eating and Physical Activity: FACTS

**Drinking sugary drinks can result in weight gain, overweight, and obesity. Providing access to drinking water is a healthy alternative that can help keep weight down.**

Muckelbauer R, Libuda L, Clausen K, Toschke AM, Reinehr T, Kersting M. Pediatrics. Promotion and provision of drinking water in schools for overweight prevention: randomized, controlled cluster trial. Pediatrics. 2009 Apr;123(4):e661-7.

## Healthy Eating and Physical Activity: FACTS

**Only 29% percent of high school students had participated in at least 60 minutes per day of physical activity and less than half (48%) of high school students attended physical education classes in an average week.**

CDC. Youth Risk Behavior Surveillance—United States, 2013. MMWR 2014;63(SS-4).



## % Students NOT in the HFZ

Grade	California	Santa Barbara County
5th	40.5%	39.1%
7th	38.5%	37.7%
9th	35.8%	35.7%



## What does this mean?

- **More children and adolescents at risk for Type 2 diabetes**
- **Children and adolescents with chronic disease more likely to miss school**
- **Unhealthy, unfit students are more likely to have lower academic achievement**
- **1st generation in history where children may not live as long as their parents**



# AGREE or DISAGREE



# Institute of Medicine

**It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.**

# IOM's APOP Report



## Schools Play a Key Role in Wellness

### **CDC's Core Messages:**

- **Healthy students are better learners**
- **Schools can influence eating and physical activity behaviors – at school and at home**
- **All students deserve the opportunity to be healthy and successful**
- **Healthy, successful students help build strong communities**

## Local School Wellness Policy REQUIREMENTS

- **Nutrition Guidelines for Foods on Campus**
- **Goals:**
  - Nutrition Education and Promotion
  - Physical Activity
  - Other school-based activities that promote student wellness.
- **Stakeholder Involvement**
- **Implementation/Notification**

## Other School-Based Activities

### Coordinated School Health

- Health Education
- Health Services
- Counseling, Psychological and Social Services
- Healthy and Safe School Environment
- Health Promotion for Staff



## Wellness policies should:

- **Reflect community priorities**
- **Be real- not a document that sits on a shelf**
- **Attribute responsibility to specific people and create timelines to make them real**
- **Be expanded over time**
- **Ideally identify resources to implement steps**





## Progress and Pitfalls: CA Survey Results

- **Wellness Policies, Committees, and Priorities**
- **Nutrition Education**
- **Physical Education and Physical Activity**
- **Nutrition and Product Marketing**
- **Water**
- **Local Control Accountability Plan (LCAP)**

## School Wellness Assessment Tools

**WellSAT:** <http://wellsat.org/>

**School Health Index:**

<http://www.cdc.gov/healthyschools/shi/index.htm>

## School Meals



- **Only unflavored, non-fat or low-fat unsweetened milk will be sold with school breakfast and lunch.**
- **Juice will not be served as a substitute for fruit and vegetables.**
- **Meals prepared at school shall utilize fresh, whole, unpackaged, unprocessed or minimally processed ingredients, to the maximum extent possible, in order to preserve nutritional content and reduce packaging waste.**
- **After obtaining food, students will have at least 20 minutes to eat lunch.**

## Water

- **Retrofit or replace fountains to include bottle refillers and chillers wherever possible**
- **Increase access to fountains in additional locations**
- **Include water access in the facilities master plan, and facilities managers should do a biannual assessment of water access and maintenance**
- **Allow students to carry and take water into the classroom, provided that the water is in a capped, clear, container, such as a bottle, to prevent spills**
- **Cleaning, maintenance, and testing**



## Nutrition Education and Promotion



- **Integrate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects and afterschool programming.**
- **Provide nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are frequently rotated, updated, or changed (e.g., seasonal foods).**

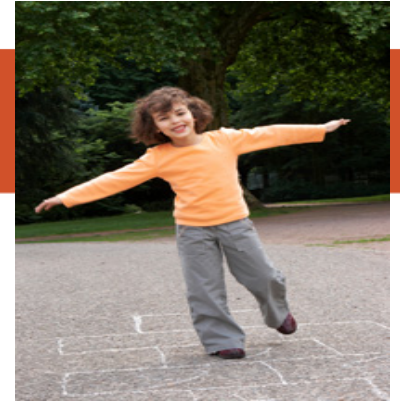
## Physical Education

- **The district will meet California State Physical Education standards of 200 minutes for Elementary School and 400 minutes per 10 days for Middle/Junior High and High School.**
- **Engage students in moderate to vigorous physical activity for at least 50 percent of class or session time.**
- **Ensure Physical Education classes will have the same student/teacher ratios used in other classes.**
- **Not allow automatic waivers or substitutions for Physical Education.**



# Physical Activity

- **In classroom PA**
- **Recess**
- **Safe Routes to School**
- **Joint / Shared Use**



## Marketing & Advertising

- **Schools should be commercial free spaces, with no advertising to kids**





# District Examples



## ***Physical Environment, Health & Safety***

- School sites will promote a drug- and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will enforce an “anti-bullying” policy and encourage social tolerance and respect for others.

### ***Health Services Activity Goals***

- The District will ensure each student has access to a credentialed school nurse to receive health guidance.

### ***Employee Wellness Activity Goals***

- Food and beverages served, sold or otherwise made available to staff, shall comply with the District's nutrition standards.



***Family and Community Involvement Goals:*** Staff will actively seek input from students and families on policy development and programs designed to address health and safety issues in District schools. This shall include the Student Advisory Board, Parent-Teacher Associations and Organizations, and Family Support Services, among others.

## Earlimart SD

### ***Parties/Celebrations:***

- All foods provided during parties/celebrations must be purchased through Earlimart Nutrition Services and approved by Food Service Director

### ***After School Programs:***

- All food and beverages provided in after school programs must meet or exceed the California Nutrition Standards and Earlimart Nutrition Standards

## Arvin USD



- **School Meals:** Beverages may not contain added sweeteners caloric or non-caloric with the exception of chocolate milk, served once a week and only at lunch.
- **Water:** Provide all students and employees with access to clean, safe palatable drinking water free of charge at every District facility including cafeteria and eating areas, classrooms, hallways, play yards and athletic fields, and faculty lounges throughout the school day and at before and after school activities.
- **Vendors:** The Arvin Union School District will work collaboratively with the city of Arvin and the Arvin Police Department to assure enforcement of City Ordinance 5.05.190 – Peddlers/Vendors

## Madera USD

**Water:** Work towards increasing water availability to students and staff with a goal of a ratio of at least 1 fountain or other non-bathroom source per 100 students by 2020, ideally with bottle refilling capacity.

**Vending:** Will not renew contracts with soda companies or industry in order to eliminate sugary beverages and marketing of such companies on campus.

**Training:** Provide annual training for all elementary school teachers (i.e., SPARK training.), and provide them with ideas/instructions manual for physical education and activities in and outside of the classroom.

**Lactation Accommodation:** Teachers and students who are breastfeeding will be assured access to a private space where they can pump or breastfeed as needed.

## Lompoc USD



**Wellness Committee:** *To ensure representation from each school site...the following representatives...District's Wellness Committee:*

- *A District/school staff member*
- *A community representative*
- *High school student representative*

**Nutrition Education:** *Are integrated in before- and after-school programs, summer learning programs, and school garden programs*

**Water:** *The District is installing refrigerated, filtered water refill stations on all campuses.*

**Classroom Parties:** *Order classroom party foods from Child Nutrition Services... Healthy Snacks Order Form available on the District's website (under Wellness Committee).*



Thank you!

Katherine Hawksworth  
(925) 708-7027

[Katherine.Hawksworth@PHI.org](mailto:Katherine.Hawksworth@PHI.org)

Visit us at: [www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org)