

**Developing Effective School Wellness Policies**  
Society for Nutrition Education ~ July 2005  
Orlando, Florida

**Developing an  
Effective School  
Wellness Policy**

**Making It  
Happen**

**A success is a  
success, no  
matter how  
small!!**

**Developing an Effective  
School Wellness Policy**  
**WHY ?**  
**WHAT ?**  
**HOW ?**  
**WHO ?**  
**WHEN ?**

**WHY**

**10. Our kids are  
facing a weight,  
nutrition and  
health crisis.**

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[www.montanadieticassociation.org/promo.html](http://www.montanadieticassociation.org/promo.html)

**More than  
overweight  
kids**

**Weighty Health Issues**  
Overweight  
Overfed  
Undernourished  
Sedentary  
Diabetes (type 2)  
CVD risk factors  
Eating disorders

**9. These  
problems have  
far-reaching  
consequences.**

Is  
student  
**health**  
the missing link in school  
improvement  
?????

**8. School play  
a central role  
in creating  
solutions.**

????????????  
**SOLUTIONS**  
????????????

**Real Solutions:**

FAMILY  
PRE-SCHOOL  
**SCHOOLS**  
COMMUNITY  
HEALTH CARE  
INDUSTRY

**American Families  
Fit, Healthy,  
and Ready  
to Succeed**

**7. School  
wellness policies  
are required  
beginning in 2006.**

**Senator Tom Harkin**

*“On one hand, the specter of malnutrition and hunger continues to haunt millions of Americans, especially children. At the same time, we are confronted with a grave public health threat in the form of obesity and overweight, which are quickly becoming a major threat not just to individuals but to our Nation as a whole.”*

**Child Nutrition  
and WIC  
Reauthorization  
Act of 2004**

**6. Children  
naturally love to  
be active and  
eat healthfully.**

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**5. Nutrition and fitness help children behave well in school.**

**Nutrition and Fitness**

- ✓ Reduce irritability
- ✓ Reduce anxiety
- ✓ Reduce depression
- ✓ Improve attendance
- ✓ Improve energy levels
- ✓ Improve behavior

**No Child's HEALTH Left Behind**

**4. Nutrition and fitness improve academic performance.**

**Nutrition and Fitness**

- ✓ Reduce apathy
- ✓ Reduce infections
- ✓ Reduce absences
- ✓ Improve participation
- ✓ Improve test scores
- ✓ Improve academic success

**Academics**

**BOTTOM LINE:**

**Kids need nutrition to get information IN, not just OUT on test days.**

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**3. Fit, healthy  
children  
are happy  
successful  
children.**

**2. Healthy kids =  
healthy schools =  
healthy  
communities.**

**American Families  
Fit, Healthy,  
and Ready to  
Succeed**

**1. We must be  
the change we  
want to see in  
the world.**

**WHAT**

**Coordinated  
School  
Health  
Program**

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**2005 DIETARY GUIDELINES**

- ✓ **Make smart choices from every food group.**
- ✓ **Balance your food and physical activity.**
- ✓ **Get the most nutrition your calories.**

**Use local products**

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

**Develop an effective school wellness policy.**

**Do NO harm.**

**Reinvent NO wheels.**

**GOALS** for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate

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**Implement a fruit  
and veggie  
education program  
for elementary  
students.**

**Provide  
nutrition and  
physical  
education at all  
grade levels.**

**RESOURCES**  
**EAT TO BE FIT:  
Materials for Teens**

Montana Team Nutrition Resources  
[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

**Implement a  
walking  
program for  
students, staff,  
and families.**

**Begin a  
recess  
before lunch  
program.**

**RESOURCES**  
**RECESS BEFORE LUNCH:  
A Guide for Success**

Montana Team Nutrition Resources  
[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

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## **RESOURCES**

### **MIND AND BODY: Physical Activities for the Elementary Classroom**

Montana Team Nutrition Resources  
[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

**Nutrition GUIDELINES** selected by the local educational agency for ALL foods available on each school campus under the local educational agency during the school day with the objectives of promotion student health and reducing childhood obesity

## **RESOURCES**

Action for Healthy Kids  
Michigan Team Nutrition  
Mississippi Office of Healthy Schools  
School Nutrition Association  
USDA Team Nutrition School Wellness Policies

**Increase  
high-calcium  
options in  
vending.**

**Increase  
high-calcium  
options in  
student stores.**

## **RESOURCES**

**All It Takes is Nutrition \$en\$e**  
Students Encouraging Nutritious Snacks Everyday

Montana Team Nutrition Resources  
[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

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**Eliminate  
ala carte lines  
and improve  
reimbursable  
meals.**

## **RESOURCES**

**USDA Team Nutrition  
Making It Happen**  
[www.fns.usda.gov/tn/Resources/makingithappen.html](http://www.fns.usda.gov/tn/Resources/makingithappen.html)

**Increase fruit  
and veggie  
options in  
vending.**

**Increase fruit and veggie  
options in vending.**

**Vista (CA) Unified School District  
Healthy Vending Information**  
[www.vusd.k12.ca.us/cns/healthyvending.htm](http://www.vusd.k12.ca.us/cns/healthyvending.htm)

**Assurances that guidelines  
for reimbursable school  
meals are not less  
restrictive than the  
regulations issued by the  
USDA**

**Increase fiber-rich  
foods in meals for  
students and staff.**

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**Increase fruit and  
veggie intake by  
students and staff.**

**Increase fruit  
and veggie  
intake by  
students  
and staff.**

## **RESOURCES**

**USDA Team Nutrition  
Fruits and Vegetables Galore**  
[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)

**Ways of measuring how well the  
school wellness policy is being  
implemented, including designation of  
one or more persons at each school  
with operational responsibility for  
ensuring that the school is meeting  
the policy**

**Involvement of parents, students,  
representatives of the school food  
authority, the school board and  
school administrators, and the  
public, in developing the wellness  
policy**

# **HOW**

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**Step 1: Gather input and assess current situation.**

At a minimum, the 2004 federal legislation requires that parents, students, representatives of the school food authority, the school board and school administrators, and the public, be involved in developing a local wellness policy. Input can be coordinated through an existing school committee, like a Health Committee, or a School Health Council.

**A team approach ...**

- ✓ Students
- ✓ Families
- ✓ Teachers
- ✓ Coaches
- ✓ Nurses
- ✓ Counselor
- ✓ Principal
- ✓ Superintendent
- ✓ Foodservice staff
- ✓ After-school staff
- ✓ Doctor
- ✓ Dietitian
- ✓ Therapist
- ✓ Dentist
- ✓ Orthodontist
- ✓ Public Health
- ✓ YWCA/YMCA
- ✓ Boys/Girls Club
- ✓ **EXTENSION**
- ✓ College/University

**Step 2: Develop and approve a School Wellness Policy.**

Once local input has been gathered, schools can develop goals and guidelines to address their specific situation. For assistance in drafting an effective policy, schools may utilize model policies and resources from other school and states as needed.

**Develop an effective school wellness policy.**

- ✓ **Goals**
- ✓ **Guidelines**
- ✓ **Community Involvement**
- ✓ **Implementation**

**September 2006**

**Step 3: Implement & evaluate a School Wellness Policy.**

Approving a School Wellness Policy is just the first step toward creating an environment that supports student health and achievement. The federal legislation requires a plan for measuring the implementation of the policy, including the designation of one or more persons with responsibility for ensuring that the school meets the local wellness policy.

**[www.nasbe.org](http://www.nasbe.org)**

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**WHO**

**YOU**

- A team approach ...**
- |                      |                      |
|----------------------|----------------------|
| ✓ Students           | ✓ Doctor             |
| ✓ Families           | ✓ Dietitian          |
| ✓ Teachers           | ✓ Therapist          |
| ✓ Coaches            | ✓ Dentist            |
| ✓ Nurses             | ✓ Orthodontist       |
| ✓ Counselor          | ✓ Public Health      |
| ✓ Principal          | ✓ YWCA/YMCA          |
| ✓ Superintendent     | ✓ Boys/Girls Club    |
| ✓ Foodservice staff  | ✓ <b>EXTENSION</b>   |
| ✓ After-school staff | ✓ College/University |

- A team approach ...**
- ✓ **Local schools**
  - ✓ **School districts**
  - ✓ **State level**

**RESOURCES**  
**No need to  
invent the  
wheel.**

**RESOURCES**  
Action for Healthy Kids (AFHK)  
[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

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## RESOURCES

BeefNutrition.org  
(National Cattlemen's Beef Association)  
[www.beefnutrition.org/matehealthyschoolnutrition.aspx](http://www.beefnutrition.org/matehealthyschoolnutrition.aspx)

## RESOURCES

**The Food Trust:**  
Building strong communities through healthy food  
[www.thefoodtrust.org/](http://www.thefoodtrust.org/)

## RESOURCES

Michigan Department of Education  
*The Role of Michigan Schools in Promoting  
Healthy Weight*  
[www.michigan.gov/documents/healthyweight\\_13649\\_7.pdf](http://www.michigan.gov/documents/healthyweight_13649_7.pdf)

## RESOURCES

National Eating Disorders Association  
[www.nationaleatingdisorders.org/](http://www.nationaleatingdisorders.org/)

## RESOURCES

**Texas TDA**

## RESOURCES

**USDA**

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**RESOURCES**  
**Dayle**

**RESOURCES**  
**rmb@  
montana.edu**

**WHEN**

**TOMORROW?**

**... the world is  
run by people  
who show up.**

**Keep  
showing up ...**

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**Making It Happen in  
YOUR SCHOOL  
Very next step ...**  
... have a meeting?  
... build a team?  
... create urgency?  
... develop action plan ?

**A success is a  
success, no  
matter how  
small!!**

**Thank You**

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