

School Wellness Policies

A Presentation For
Communities
by the
American Dietetic
Association



Snapshot of American Kids

- Overfed but undernourished
- Declining physical activity
- Limited health literacy

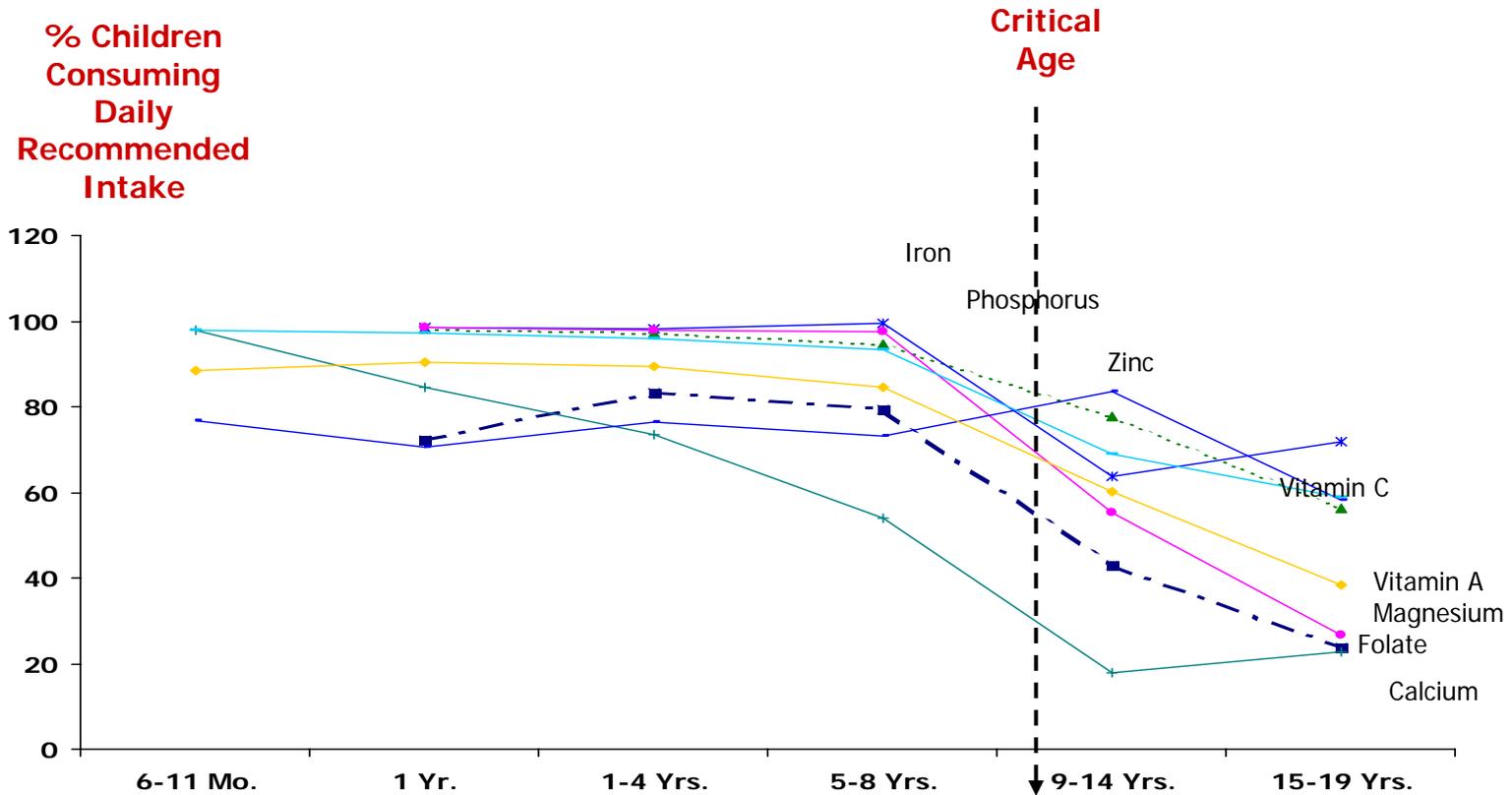


Fast forward to the Future

American children are growing up to face increasing rates of obesity and chronic disease.



Overfed But Undernourished



Data compiled by Dr. John Lasekan, Ross Labs
NHANES 1999-2000 and the Continuing Food Survey 1994-96, 1998



Statistics

- ✚ Only 27 percent of schools require health education in grade 6
- ✚ 20 percent in grade 8
- ✚ 10 percent in grade 9
- ✚ 2 percent in grade 12

(Kann et al. 2001)

Why School Wellness?



Health and success in school are interrelated.

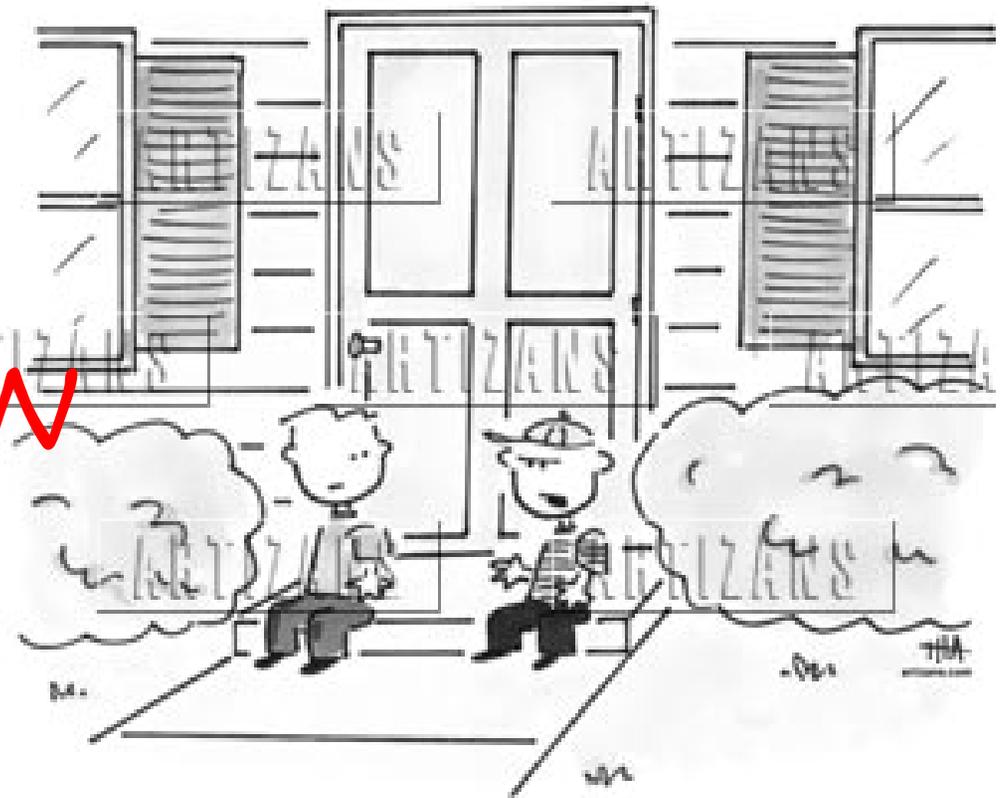
Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially...

The nation's leading health authorities recommend that schools take an active role in preventing disabling chronic health conditions that create misery and consume a burdensome share of the nation's resources.

National Association of State Boards of Education; Fit, Healthy, and Ready to Learn, 2000

*CHILDREN
MUST BE
HEALTHY TO
LEARN ...*

*AND CHILDREN
MUST LEARN
TO BE
HEALTHY.*



"My mom says broccoli is a required taste."

Can Schools Improve Nutrition?

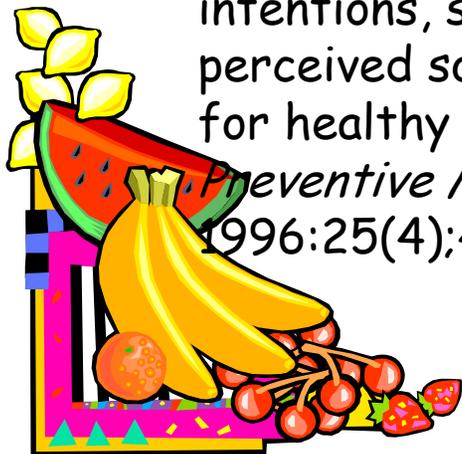
- ✚ Kids who participate in National School Lunch Participants consume greater amounts of essential vitamins and minerals, vegetables, milk and milk products, meat and meat substitutes and less soda and/or fruit juices and have overall a better quality diet.



School Nutrition Dietary Assessment Study-II: Summary of Findings. USDA, 2001.

Nutrition Education Changes Knowledge and Choices

- ✚ Combining nutrition education with school meal programs improves both nutrition knowledge and behavior in and out of school.
- ✚ Children decreased their cholesterol, total fat, and saturated fat intakes and improved in nutrition knowledge, reported usual behavior, intentions, self-efficacy, and perceived social reinforcement for healthy food choices.
- ✚ National Cancer Institute's 5-A-Day for Better Health Program funded several school-based nutrition education programs that resulted in significant increases in children's intake of fruits and vegetables.
- ✚ Initial evaluations of the Fruit and Vegetable program indicate that students increased their fruit and vegetable consumption both inside and outside of the school environment.



Preventive Medicine,
1996:25(4):465-477

Nutrition Enhances Achievement

Comprehensive School Health

- ✚ Reading and math scores of third and fourth grade students with comprehensive health education were significantly higher.
 - ✚ Schoener, Guerrero, and Whitney, 1988

School Breakfast Programs

- ✚ Increase learning and academic achievement, improve student attention to academic tasks, reduce visits to the school nurse, decrease behavioral problems.
 - ✚ Murphy, Pagano, Nachmani, Sperling, Kane, and Kleinman, 1998
- ✚ Positively impact academic performance, absenteeism, and tardiness among low-income elementary school students.
 - ✚ Meyers, Sampson, Weitzman, Rogers, and Kayne, 1989
- ✚ Enhanced daily nutrient intake and improved nutrient intake were associated with significant improvements in academic performance and psychosocial functioning and decreases in hunger.
 - R.E. Kleinman et al, Annals of Nutrition and Metabolism; 2002.



Physical Education, Too

✚ Students who participated in school physical education programs did not experience a harmful effect on their standardized test scores, though less time was available for other academic subjects.

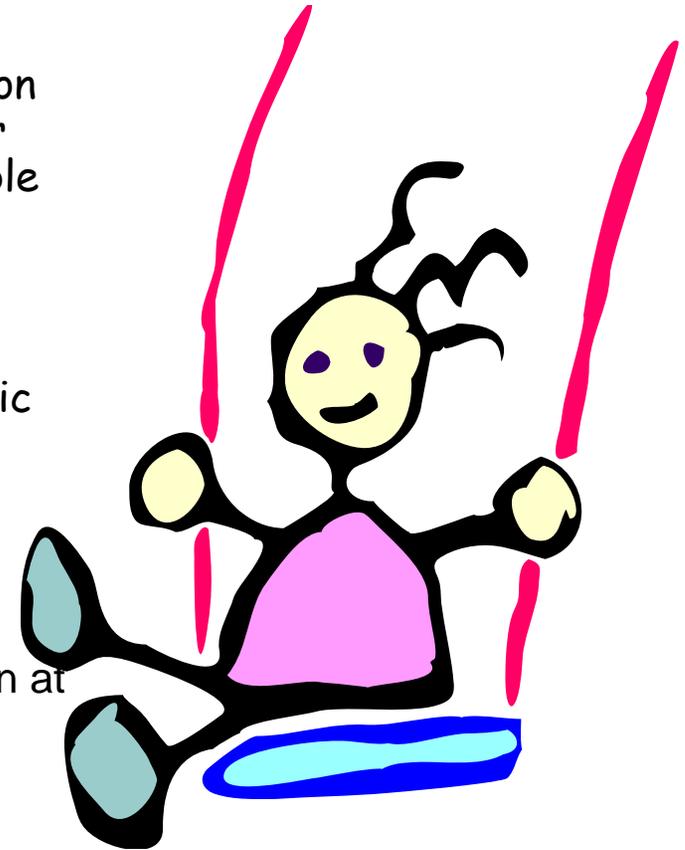
✚ Sallis, McKenzie, Kolody, Lewis, Marshall, and Rosengard, 1999; Shephard, 1996; Dwyer, Coonan, Leitch, Hetzel, and Baghurst, 1983.

✚ Physical activity is positively associated with academic performance.

Dwyer, Blizzard, and Dean, 1996

✚ Regular (3 – 5 times per week) periods of moderate to vigorous physical activity enhances the health, academic performance, attitudes and classroom behavior of children at school. Physical education programs are valuable to students and teachers.

Keays JJ, Allison KR; Canadian Journal of Public Health; 1995



Professional Nutritionists Say...

The school and community have a shared responsibility to provide all students with access to high-quality foods and nutrition services as an integral part of the total education program....

Local school policy, developed through a collaborative process that responds to community needs and priorities, should include the integration of the school nutrition program with education.

Position of The American Dietetic Association,
2000



School Nutrition Professionals Say...

Schools are a logical place to promote lifelong healthy behaviors. Every school day 50 million young people attend more than 110,000 schools in the United States. Research has shown that well designed, well implemented school based physical activity and nutrition programs can be effective.

Position of the School Nutrition Association (formerly ASFSA)

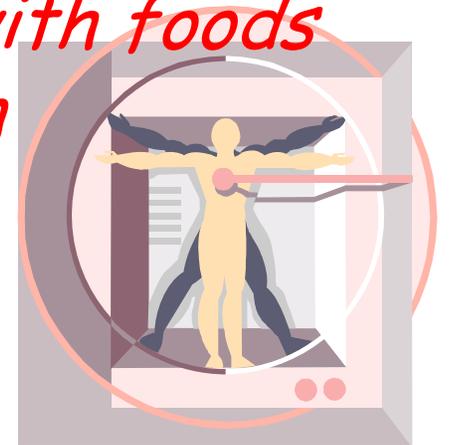
2002



ADA Recommends

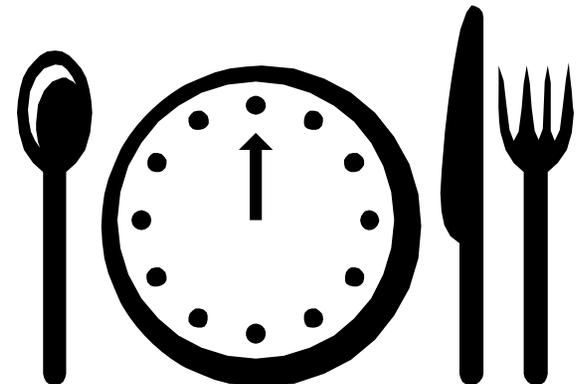
- ✚ *Place trained professionals in decision-making roles. (Registered Dietitians or School Food and Nutrition Specialists)*
- ✚ *Implement nutrition standards with accountability.*
- ✚ *Provide nutrition education that complements the ability to select a healthful diet with foods that are served in the school nutrition programs.*

Solutions for Life



The Time to Act is Now!

- ✚ The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children.
- ✚ Nutrient deficits bode ill for long term health.
- ✚ The need for improved achievement among students demands they be in the best health possible.
- ✚ The law requires that every district take responsibility for the health and well being of children throughout the school day.



Local Guidelines



Nutrition and physical activity standards should be based on 2005 Dietary Guidelines for Americans (DG's).

- ✚ DG's are general policy guidelines - not specific food or nutrition standards.*
- ✚ Must be translated into specific guidelines on the local level to have meaningful impact.*
- ✚ Dietitian/nutritionists are uniquely qualified to interpret the guidelines and translate into meaningful local nutrition standards and goals.*

Work Together

- ✚ Develop skills for collaboration.
- ✚ Listen to all who are affected by the policy.
- ✚ Identify issues and appropriate venues for intervention.
- ✚ Pool resources, shelve differences.
- ✚ Anticipate, respond to and involve critics.
- ✚ Draw in people from a variety of community groups



School Wellness Policies

Thank
You.

