School Wellness Policies

Katherine Pike, RD, CD
Nutrition Program Consultant
katherine.pike@dpi.wi.gov
(608) 266-2410
Kelly Williams, RD, CD
Nutrition Education Consultant
kelly.williams@dpi.wi.gov
(608) 267-9120

Healthy, Hunger Fee Kids Act
Local School Wellness Policies (LWP)

• Retains requirement that each local educational agency (LEA) participating in the National School Lunch Program and School Breakfast Program establish a LWP

• Incorporates new requirements for LWP content

• Proposed Rule issued in Fall 2012 with a Final Rule in Spring 2013

Outline

• New requirements under the Healthy, Hunger Free Kids Act

• Steps for meeting new requirements

• CRE and wellness policy requirements

• Questions

Requirements of the LWP

<table>
<thead>
<tr>
<th>Content</th>
<th>Current and Continued Requirements</th>
<th>HHFKA of 2010 Requirements</th>
</tr>
</thead>
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<tr>
<td>Public Involvement</td>
<td>Team to develop wellness policy include: • Parents, students, and representatives of the SFA, school board, school administrators, and the public</td>
<td>Must include, at a minimum: • Goals for nutrition education, physical activity, and other school based activities that promote student wellness • Nutrition guidelines to promote student health and reduce childhood obesity</td>
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<td>Local Discretion</td>
<td>LEAs determine the specific policies appropriate for the school under their jurisdiction</td>
<td>Provided that those policies address all the required elements specified in the Act</td>
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Public Involvement

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<td>Team to develop wellness policy include: • Parents, students, and representatives of the SFA, school board, school administrators, and the public</td>
<td>Muscle to develop wellness policy must NOW include: • Physical education teachers, and school health professionals • Expands the purpose of the team of collaborators beyond the development to include the implementation with periodic review and updates</td>
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Local Discretion

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### Implementation, Periodic Assessment, and Public Updates

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<tr>
<td>Implementation, Periodic Assessment, and Public Updates</td>
<td>• LEAS are required to establish a plan for measuring implementation of the policy.</td>
<td>Requires LEAs to:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Inform and update public about content and implementation</td>
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<tr>
<td></td>
<td></td>
<td>• Periodically measure and make assessment available to the public that includes extent</td>
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<tr>
<td></td>
<td></td>
<td>schools are in compliance, how policy compares to model policies, and progress made in</td>
</tr>
<tr>
<td></td>
<td></td>
<td>attaining goals</td>
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<td></td>
<td></td>
<td>• Designate one or more LEA officials or school officials to ensure compliance</td>
</tr>
</tbody>
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### Where to Begin?

- **STEP 1**: Assemble school wellness committee
- **STEP 2**: Review and evaluate current policy
- **STEP 3**: Revise LWP to address new requirements
- **STEP 4**: Implement the policy
- **STEP 5**: Monitor progress and report results

### Assemble Wellness Committee

- Review committee membership
- Include minimum core recommended committee members
- Designate one or more school officials to ensure each school complies with the policy
- Consider forming subcommittees

### Review Current Policy

- Complete assessment of current wellness policy and school-based nutrition and physical activity practices
- Assessment will identify strengths and weaknesses, which will be helpful when revising the LWP to meet the new requirements

### School Wellness Committee Worksheet

<table>
<thead>
<tr>
<th>Member</th>
<th>Race</th>
<th>Contact Information</th>
<th>Action Responset</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Administrator</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>School Board Member</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Health Director</td>
<td>Y</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parent Representative</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nurse</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Teacher</td>
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<td></td>
<td></td>
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<tr>
<td>Community Member</td>
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<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Wellness Policy Assessment Worksheet

<table>
<thead>
<tr>
<th>Component</th>
<th>Current Status</th>
<th>Current Guideline/Practice</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition Standards for Competitive Food and Beverages</td>
<td>Y</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Vending Machines</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Store(s)</td>
<td>Y</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Service a la carte</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classroom Parties</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classroom Rewards</td>
<td>Y</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundraisers</td>
<td>Y</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>Y</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition Education</td>
<td>Y</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Role Modeling</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff Training</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>N</td>
<td></td>
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</table>
Wellness School Assessment Tool

WellSAT

- Can be used to assess the quality of a LWP, specifically the degree to which policy items are addressed and the strength of the language
- Does not measure the extent of implementation or compliance with specific wellness policy requirements

WellSAT – Online

[Image of WellSAT – Online]

http://www.wellsat.org/default.aspx

WellSAT – Paper

[Image of WellSAT – Paper]

http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellSAT_FINAL.pdf

WellSAT

- Policy items are categorized into 5 sections
  - Nutrition Education and Wellness Promotion
  - Standards for School Meals
  - Nutrition Standards for Other Food Sold at School
  - Physical Education and Activity
  - Evaluation
- Assign a point value to wellness policy statement
  - 0 = Not addressed
  - 1 = Weak statement
  - 2 = Meets/exceeds expectations

WellSAT – Online

[Image of WellSAT – Online]

Revise the LWP

- Consider circumstances of school district and community norms
- When drafting policy language:
  - Develop goals that are realistic and attainable
  - Use language that is simple, clear and specific
  - Consider evaluation of the policy
Sample Wellness Policy Statements

• Statement #1
  – The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.

• Statement #2
  – The District will prohibit fundraisers that involve selling foods of minimal nutritional value, such as candy, cookies, cupcakes and sugary beverages.

New Requirements

• Include required members on the wellness committee

• Address goals for nutrition promotion

• Develop plan for implementation, measuring compliance and reporting to the public

Implement the Policy

• Implementation can occur over time
  – Develop short term activities that can help reach the overarching goal

• Inform school staff of the policy guidelines
  – Implementation should be a cooperative effort

• Develop a policy implementation plan
  – Plans can be developed for each element of the policy

Measure Progress

• Critical to the success of the wellness policy
  – Ensure the policy is on track
  – Identify changing needs

• Process Data
  – Assess if program was implemented as intended
  – Compare actual and planned performance

• Outcome Data
  – Assess the results or impact of a program

Implementation Chart

<table>
<thead>
<tr>
<th>Wellness Policy Goal</th>
<th>Action</th>
<th>Responsible Party</th>
<th>Timeline</th>
</tr>
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<tbody>
<tr>
<td>Example: All juice in vending machines is 100% juice</td>
<td>• Discontinue ordering juice with less than 100% juice</td>
<td>School Nutrition Director</td>
<td>January 2013</td>
</tr>
</tbody>
</table>

Example

• Wellness Policy Statement:
  – Encourage student consumption of fresh fruits and vegetables by offering a garden bar

• Process data
  – Garden bar was offered at the elementary school in September 2013

• Outcome data
  – Production records reveal student consumption of fruits and vegetables has increased
  – Student consumption of fruits and vegetables has increased by 30%
**Monitoring and Evaluation Chart**

<table>
<thead>
<tr>
<th>Wellness Policy Goal</th>
<th>Evaluation Data</th>
<th>Frequency</th>
<th>Responsible party</th>
<th>Report Results</th>
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<tbody>
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**Example:**
- All juice in vending machines is 100% juice
  - Implementation occurs by January 2013
  - Juice product label
- Quarterly
- School Nutrition Director
- School Principal

**Report Results**

- LEAs must inform the public about the content and implementation of the LWP, including:
  - Extent to which school are in compliance with the LWP
  - Extent to which the LEAs policy compares to model LWPs
  - Progress made in attaining goals of the policy

- Methods of informing the public:
  - Developing/disseminating printed materials
  - Developing/disseminating electronic materials
  - Posting the LWP and assessment of its implementation on the district website

**CRE-Wellness Policy**

- Currently all SFAs participating in federal nutrition programs have an on-site review **every 5 years**
- Reviews will be **every 3 years** starting 2013-14 SY
- The Wellness Policy is under the general scope of the review
- You will be asked for a copy of your Wellness Policy during review

**What do reviewers look at?**

- Nutrition guidelines for all foods on campus
- Promote student health and decrease obesity
- A plan for measurement
- Designation of one or more person responsible for oversight

- Does the policy include at a minimum:
  - Involvement of required persons
  - Goals for nutrition education
  - Goals for physical education
  - School-based wellness activities

- Is the SFA moving towards strengthening the local wellness policy?
  - Including PE teachers and health professionals
  - Periodic review and clear implementation
  - Include nutrition promotion
  - Inform and update the public
Potential Corrective Action

• CA is based on “reviewer discretion” and per site basis depending on the issue
• CA may be more severe if cited previously on past review

• Potential CA you may see:
  – Develop and submit a LWP
  – Submit a timeline for updating the policy
  – Submit a written response for periodic review and public notification
  – Submit public notification
  – Submit list of Wellness Policy Team Members and roles

What do reviewers look at?

Nutrition and PE Goals

• Goals should be broad, measurable, and attainable

• Specific examples should be included with each goal

• Examples can be updated annually to reflect changes and activities occurring in the school/district

School District X provides nutrition education and curriculum for all grade levels

• Grades K-3 learn about fruits and vegetables by participating in gardening in the school garden.

• Grades 4-5 learn about the importance of Vitamin D and Calcium with trainings provided from the Wisconsin Dairy Council

• Grades 6-8 learn about the health effects of Obesity on our Nation through a final project in their Health Class

Resources

• School Nutrition Team
  — http://dpi.wi.gov/fns/wellnesspolicy.html

• USDA Team Nutrition

• Action for Healthy Kids
  — http://www.actionforhealthykids.org/

• Alliance for a Healthier Generation
  — http://www.healthiergeneration.org/

• CDC
  — http://www.cdc.gov/healthyyouth/npao/wellness.htm

Questions

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