

## Strategies for Implementing Local School Wellness Policies

Wednesday, July 17, 2012

<b>Erika Pijai, MS, RD</b> Nutritionist Child Nutrition Division USDA Food and Nutrition Service	<b>Caitlin Merlo, MPH, RD</b> Health Scientist Division of Population Health HHS Centers for Disease Control and Prevention
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## Learning Objectives

After this session, participants will:

- Be able to explain the requirements for local school wellness policies, as mandated by the Healthy, Hunger-Free Kids Act of 2010.
- Discuss training and technical assistance needs identified by key stakeholders for implementing, monitoring, and evaluating local school wellness policies.
- Gain ideas on how to successfully implement, monitor, and evaluate local school wellness policies.
- Be able to access and use free resources in creating a healthier school environment.



## Local School Wellness Policies

Check out the USDA LWP Web pages for more information on:

- **LWP Requirements**
- **Interagency Workgroup**
- **5-Year Technical Assistance and Guidance Plan**
- **Monitoring/Accountability** – 5 important pieces of documentation to keep on file for a future Administrative Review (formerly known as the CRE)
- **Resources, Tools, and Guidance**

<http://teamnutrition.usda.gov/healthy/wellnesspolicy.html>



## Activities: Web sites

**Check it out!**

- **Most current info on LWP:**

USDA: [www.fns.usda.gov/tn/healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html)

CDC: [www.cdc.gov/healthyouth/npao/wellness.htm](http://www.cdc.gov/healthyouth/npao/wellness.htm)



## Activities: Federal Rule-Making



**FEDERAL REGISTER**  
The Daily Journal of the United States Government

- **Proposed Rule:** Early 2014
  - Posted to [www.Regulations.gov](http://www.Regulations.gov)
- Public comment period
- **Final Rule:** Late 2014



## Training and Technical Assistance

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Resources and Best Practices

### USDA Team Nutrition Resources

**FREE resources:** [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

USDA United States Department of Agriculture  
Food and Nutrition Service

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

CDC

### CDC Resources

[www.cdc.gov/healthyouth/npao/publications.htm](http://www.cdc.gov/healthyouth/npao/publications.htm)

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### Training Tools for Healthy Schools

<http://www.cdc.gov/healthyouth/tths/index.htm>

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### Other LWP Resources

- NFSMI: Resource to Sustain & Strengthen Local Wellness Initiatives<sup>1</sup>
- Yale Rudd Center: WellsAT tool<sup>2</sup>
- Action for Healthy Kids: Wellness Policy Tool<sup>3</sup>
- Bridging the Gap: District Wellness Policy Data<sup>4</sup>

1. <http://www.nfsmi.org/documentlibraryfiles/PDF/20130228111227.pdf>
2. <http://wellsat.org>
3. <http://www.actionforhealthykids.org/resources/wellness-policy-tool>
4. [http://www.bridgingthegapresearch.org/research/district\\_wellness\\_policies/](http://www.bridgingthegapresearch.org/research/district_wellness_policies/)

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### USDA Farm to School Program

- Website: [www.fns.usda.gov/farmtoschool](http://www.fns.usda.gov/farmtoschool)
- Sign up for the USDA Farm to School E-letter
- Learn more about USDA Farm to School Grants
- Find farm to school related policies and policy guidance
- Find contact information for state farm to school coordinators and USDA staff

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### A District Example

In their own words...

## Wellness Policy Implementation



Perspective and Experiences of implementing  
Garden City Public School's Wellness Policy

Tracy Johnson, RD  
Director of Nutrition Services  
Garden City Public School District  
Garden City, Kansas

## Garden City Public Schools



- Enrollment: 7,644
- 1 Early Childhood Center
- 11 Elementary Schools (K-4)
  - All HUSC Bronze Award
- 2 Intermediate Centers (5-6)
  - Both HUSC Bronze Award
- 2 Middle Schools (7-8)
- 1 High School
- 2 Alternative Centers

## Operation



- Kitchens
  - 9 Base Kitchens
  - 3 Finishing Kitchens
  - 6 Satellite Kitchens
- Self Operated
- Still make homemade bread products

## District Demographics



- 71% Free and Reduced
- 68% Hispanic
- 24% White
- 7% other (Somalian, Burmese, Asian, and black)
- 10% Migrant
- 47% English Language Learners

## Interesting Facts

- Finney County population 37,083
- Garden City population 27,000
- District covers over 1200 sq miles
- Large Feedlots, Meat Packing Plant, Dairies, Pig Farms, Potato Plant
- Transient population
- State Wrestling Champs




**Fiesta**



**Chinese New Years Celebration**

### History of Wellness Policy

- Summer 2005: Created Committee
  - Nursing Coordinator, Nutrition Director, teachers, BOE member, community leaders, KSDE consultant, parents, students, and a pediatrician
- Performed a needs assessment
  - State policy builder
  - Input from staff, students, and parents

### History, cont.

- December 2005: Policy Drafted
- July 2006: Approved by BOE
- August 2006: Implemented
  - District Leaders
  - Schools
  - Media
  - Students and Parents

### District Wellness Team

- Committee Additions
  - School Wellness Champions, financial officer, insurance clerk, and Alliance for a Healthier Generation consultant
- Meetings
  - Quarterly or more often if needed
    - School activity reports, district report, community report, review of policy, and grant opportunities

### Building Wellness Champions

- Implemented 2012
- Job: Wellness Leader in their school or department
- Stipend: depending on number of staff
- Selected and evaluated by principal or director of department
- Expectations



### Policy Accountability

- Reviewed on an ongoing basis, in its entirety once a year
- Changes made at end of school year
- Update School Wellness Implementation plan
- Present wellness update and any changes to policy to the BOE once a year

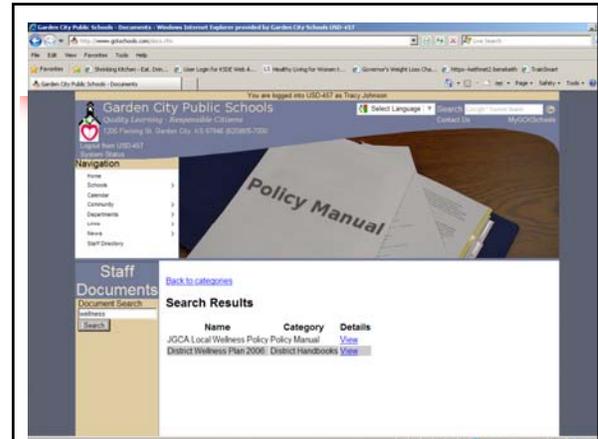
### Keys to Securing Buy-In

- Be Proactive
- Be Honest
- Be Available
- Be Nice
- Be Visible
- Ask for Feedback
- Above all PRACTICE WHAT YOU PREACH



## Communication

- All staff meetings
- E-mail
- Web page
  - <http://www.gckschools.com/nutrition>
- Weekly district update
- Parent teacher conferences
- Blog
  - <http://gcfunandfit.wordpress.com>



## Events and Activities

- Health Week
- Fun run and walks
  - Annual District Wide 5K
  - Victor Ornelas Snowflake 5K
  - Number of others held at high school
- Family Health Nights
- Governors Weight Loss Challenge
- Intramurals
- Exercise and walking clubs




## Resources

- Alliance for a Healthier Generation
- Team Nutrition Grants
  - Power Panther Pals
  - Power Panther Professionals
  - Family Fun and Fitness
  - Fresh Fruits and Vegetable Grant
- BCBS and Health Foundations Grants
- Community organizations
  - Rec, YMCA, Health Department, and Hospital

## Accomplishments

- Every school is a member of the Alliance for a Healthier Generation.
- Implemented Fitnessgram
- Implemented Healthy Kids Act
- State Sunflower Award for 5K
- 38 teams (190 staff members) participated in the Governors Weight Loss Challenge.

## District 5K



## Challenges

- Physical Education hours
  - Time, personnel, facilities
- Staff members that are not on board with the wellness initiatives
- Implemented programs with minimal funding
- Time

## HealthierUS School Challenge

(HUSC) <http://www.fns.usda.gov/tn/healthierus/>

- Receiving the awards was an honor for all the nutrition staff who worked hard to make it happen
- Use as a guideline to see strengths and weaknesses of program
- Helps us "think outside the box"
- Meeting the HUSC requirements = extra \$0.06!!!

## HUSC Award



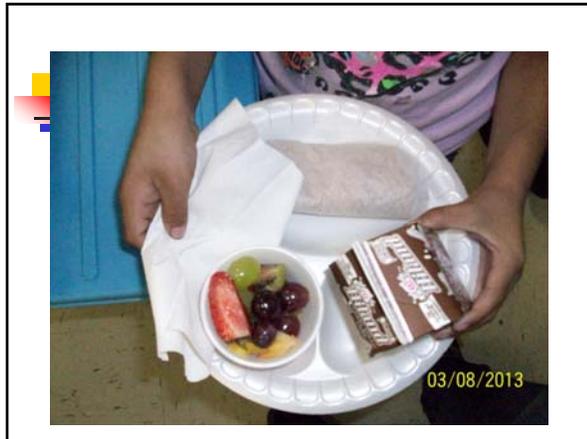
## Meal Pattern Changes

- Started implementing changes in school year 2011 – 2012
- Taste testing
- Took most of our breaded entrees off menu
- Prepare bread and bakery products with whole-grain flour
- Serving more and a greater variety of fruits and vegetables
- Made it a positive change

## Meal Pattern Changes

- Bread and protein limits
- Budget
  - Equipment
  - Food
- Media
- Record Keeping
- Sodium Restrictions





### Keys to Success

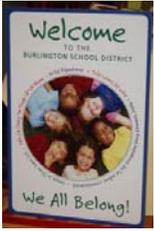
- Visibility
- Keep informed
  - Government and State Regulations
  - Community
- Communication
- Engage Passionate People!
- Follow through
- Above all: PRACTICE WHAT YOU PREACH!

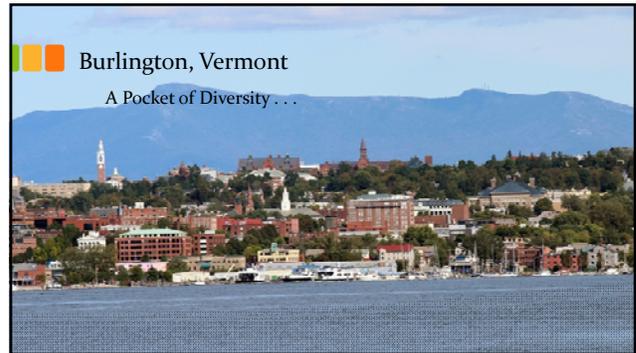


WHEN SOMETHING  
WORKS, MAKE IT  
BETTER...WHEN  
SOMETHING NEEDS  
FIXING, FIX IT AS SOON  
AS POSSIBLE!

## Strategies for Implementing Local Wellness Policies

July 17<sup>th</sup> 1:30-2:30 pm  
Doug Davis, Food Service Director  
Ginger Farineau, District Wellness Coordinator



Race	Vermont	Burlington	Burlington School District
White	95.5%	92%	71%
Black or African American	1%	1.8%	13%
Asian	1.5%	2.7%	9%
Other	2%	3.5%	7%



## Award Winning

All 6 Elementary Schools Win Bronze Award From the USDA's Healthier US School Challenge

"Burlington Schools are the first in Vermont to have achieved this prestigious award."  
- Pamela Griffin, USDA



## Wellness Policy Creation and Implementation in the Burlington School District

- History
- Team
- Process
- Getting Leadership Support



## History

Community Involvement

Coordinated School Health




**The Coordinated School Health Team**

- Represents all 8 components of The Coordinated School Health Model
- How were the members chosen?
- Key Players
- Key Qualities of Members
- How often did we meet?

Process:  
We used the wellness policy tool from the Action for Healthy Kids website as our guide <http://www.actionforhealthykids.org/resources/wellness-policy-tool>

1. Conduct Initial Homework
2. Form the Development Team
3. Assess the District's Needs
4. Draft a Policy
5. Build Awareness and Support
6. Adopt the Policy
7. Implement the Policy
8. Maintain, Measure, Evaluate

Action for Healthy Kids®

**Getting Leadership Support**

- Grass Roots Initiatives
- Build on Past Successes
- Build a Culture of Wellness
- Communication
- Ongoing Process

**Wellness Policy Initiatives**

- Physical Activity Incorporated Throughout the School Day
- Addition of School Suppers
- Kitchen Renovations
- Water Bottle Filling Stations
- Recess Before Lunch
- Healthier Celebrations & Fundraisers

**Changes as a Result of the Wellness Policy**

School Meal Participation has Grown Tremendously

Adult Nutrition Workshops Offered for Teacher Re-licensure Credit

**Challenges . . .**

- Still Some Unhealthy Fundraisers
- Cupcakes for Birthday Celebrations still exist
- Teachers Don't want to Give up Their Candy Bowls
- Lack of Support from Principals



**Monitoring & Assessing the Wellness Policy**

- ❖ Evaluated and Revised on a Yearly Basis
- ❖ Reported to the School Board for adoption of suggested changes
- ❖ We use the *School Wellness Policy Evaluation Tool* Developed by the Robert Wood Johnson Foundation Healthy Eating Research Program
- ❖ Changes are communicated to the public through our district wellness web page (<http://tinyurl.com/bsdwellness>) and through our Facebook pages.



- 4,000 students
- 10 schools
- 55 languages



- 45 BSFP staff
- 7 trained chefs
- 6,000 meals/day

**Hunger Affects Us All!**

**FOOD UNITES US ALL**

### Fresh and Local



VERMONT FRESH NETWORK  
Farm & Child Partnership

### What Makes Us Unique?

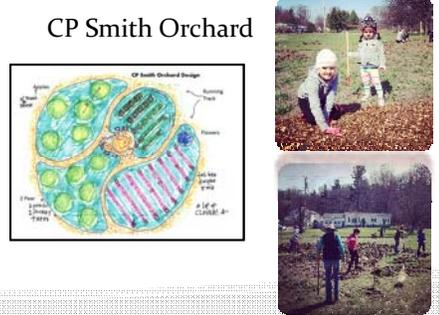


Jr IRON CHEF VERMONT  
City Market  
Urban Farm Group

### Student Involvement



### CP Smith Orchard



CP Smith Orchard Design

### Food Truck



- Summer culinary job training program
- Connected to multiple class subjects during school year
- Relevant, cool and fun!



### Doug Davis

Food Service Director  
Burlington School Food Project  
[www.burlingtonschoolfoodproject.org](http://www.burlingtonschoolfoodproject.org)

### Ginger Farineau

District Wellness Coordinator  
[www.tinyurl.com/bsdwellness](http://www.tinyurl.com/bsdwellness)