



## School Wellness Policies

New York State's Work With Schools:  
From Resources to Wellness Policies

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## Defining Overweight and Obesity Among Children

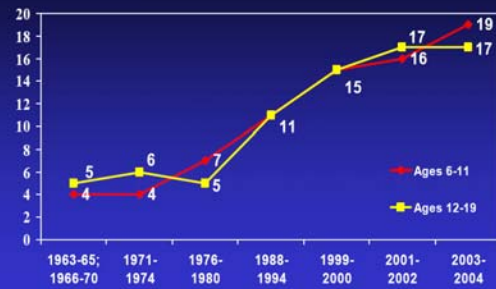
**Obesity:** Excessive accumulation of fat in the body

**BMI (Body Mass Index)** factors in age, weight and height

**Overweight:** BMI  $\geq$  85<sup>th</sup> % and < 95<sup>th</sup> %

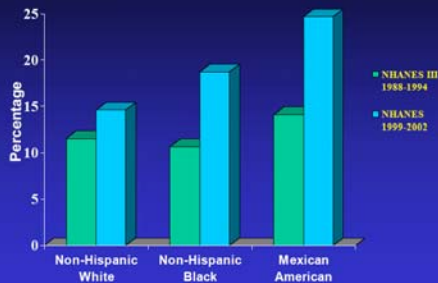
**Obese:** BMI  $\geq$  95<sup>th</sup> %

## Percentage of U.S. Children and Adolescents Who Are Overweight\*



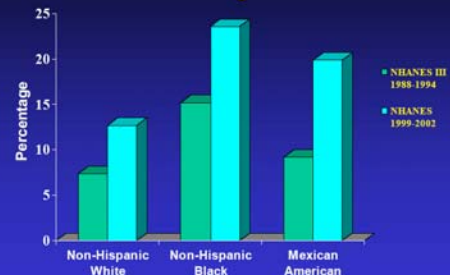
\*  $\geq$ 85th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts  
 \* Data are from 1963-65 for children 6-11 years of age and from 1966-70 for adolescents 12-17 years of age  
 Source: National Center for Health Statistics

## Overweight Prevalence by Race/Ethnicity for Adolescent Boys Aged 12 - 19 Years



Source: JAMA, 2004,291:2847

## Overweight Prevalence by Race/Ethnicity for Adolescent Girls Aged 12 - 19 Years



Source: JAMA, Oct. 9, 2002, Vol. 288, No. 14:1731

## Consequences of Childhood Obesity



### Health Consequences

- Type II Diabetes
- Cardiovascular Disease
- Psychosocial disorders
- Asthma
- Symptoms continue into adulthood

### Economic Consequences

- Rising healthcare costs

## School Environment & Childhood Obesity

- Significant impact on children's eating and activity habits
- Provides access to various foods



## School Environment & Childhood Obesity

- Marketing within schools offers credibility to advertisements' message



## Opportunities for Impact

- Nutrition Education
- Physical Education
- Recess & Physical Activity
- A La carte & Vending
- Classroom Snack-times



## Opportunities for Impact

- Non-food Rewards
- Fundraising
- School lunch, lunch room policies
- School breakfast
- Role modeling



## Child Nutrition Reauthorization

- Signed into law June 30, 2004
- Each Local Educational Agency must establish a local wellness policy no later than the first day of the 2006-2007 school year

## Local Wellness Policy (LWP)

- Includes goals for student wellness
- Includes nutrition guidelines
- Establishes plan for evaluation and monitoring
- Involves parents, students, school board, school administrators, and community

### Nutrition Education



### Nutrition Guidelines



### Physical Activity & Education



### School Based Activities



## Steps to Composing LWP

- Assemble a team
- Assess current activities, policies
- Develop policy
- Implement
- Evaluate
- Revise and Update

## Schools + Professionals in Nutrition (SPIN)

- Model approach for schools
- Developed by a statewide partnership
- Focus on training professional resources to facilitate the process of improving the school nutrition and physical activity environment



## Implementation Survey

- A tool to measure LWP implementation in SPIN linked schools
- Focused on specific areas to measure policy implementation

## Policy Distribution

- 88% of SPIN local education agencies (LEA) surveyed have developed an LWP
- 84% have distributed copies to the schools in the districts

## Information Sharing and Training

- Staff and teachers were well informed about the LWP
- 20% reported that no effort was made to inform students of LWP
- 71% reported guidance from the district level

## Evaluation/Compliance

- 95% have a contact person or team for wellness policy implementation
- 96% have a person or team to ensure LEA compliance

## School Nutrition Improvements

- Setting standards for a la carte & vending
- Modified beverage choices
- Increase fiber
- Alternative celebrations & fundraisers

## Overall Experience

- 46% rated their STAFF attitude as positive
- 58% rated the PARENTS attitude as positive
- 42% rated the STUDENTS attitude as neutral

## School Assessment of Implementation

- 46% rated their experience as easy
- 50% were neutral

## Challenges

- Non-food celebrations
- Lunches from home
- Fundraisers – without food
- Transitioning from using food as a reward
- Competitive food adjustments
- Drop in school meal participation
- Increasing physical activities



## Where we go from here...

- Creation of LWP is just the first step, implementation will determine long term success
- More attention to the physical activity environment
- Annual assessment of school LWP by the designated committee
- Foster & retain community support

## Take Home Messages

- Childhood obesity is continuing to increase
- Schools are where the kids are
- Majority of SPIN linked schools have met initial LWP requirements
- Surveyed schools are on the road to successful implementation

## Resources

- **SPIN** (Schools + Professionals In Nutrition)
- **Activ8 Kids!**
- **Center for Disease Control (CDC)**
- **School Nutrition Association (SNA)**
- **New York State Educational Department (NYSED)**

## References

- **Child Nutrition Knowledge Center**  
[www.nysed.gov](http://www.nysed.gov)
- **Healthy Youth: Physical Activity & Good Nutrition** [www.cdc.gov](http://www.cdc.gov)
- **National Initiative for Children's Healthcare Quality** [www.nichq.org](http://www.nichq.org)
- **Action for Healthy Kids**  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- **USDA Food & Nutrition Services**  
[www.fns.usda.gov](http://www.fns.usda.gov)

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**May 17, 2007**

**Public Health Nursing**  
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