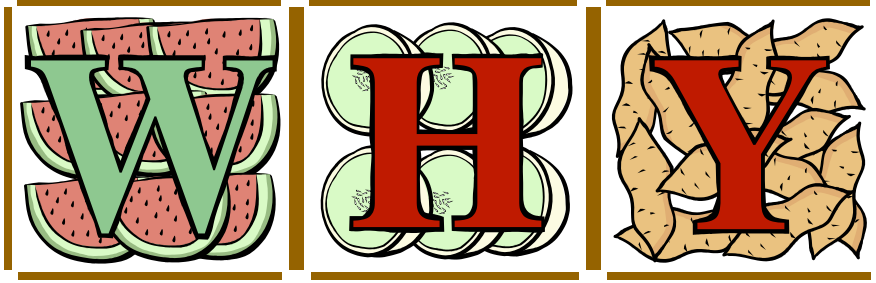


## DEVELOPING A LOCAL WELLNESS POLICY



10. Our kids are facing a weight, nutrition and health crisis.
9. These problems have far-reaching consequences.
8. Schools play a central role in creating the solutions.
7. Local wellness policies are required beginning in 2006.
6. Children naturally love to be active and eat healthfully.
5. Nutrition and fitness help kids behave well at school.
4. Nutrition and fitness improve academic performance.
3. Fit, healthy children are happy, successful children.
2. Healthy kids = healthy schools = healthy communities
- 1. We must be the change we want to see in the world.**

# DEVELOPING A LOCAL WELLNESS POLICY

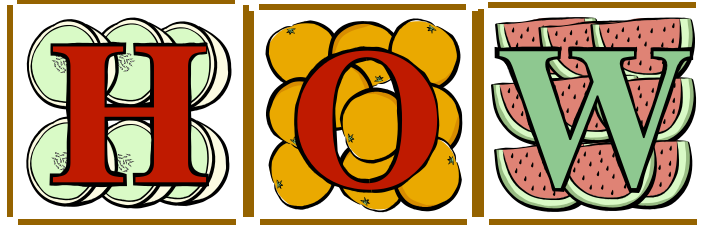


## Develop an effective local wellness policy.

The following minimum requirements are established by the federal legislation. Schools may choose to include additional features or to integrate a local wellness policy with other ongoing programs. The legislation requires:

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

## DEVELOPING A LOCAL WELLNESS POLICY



It's **ALL** about **YOU**.

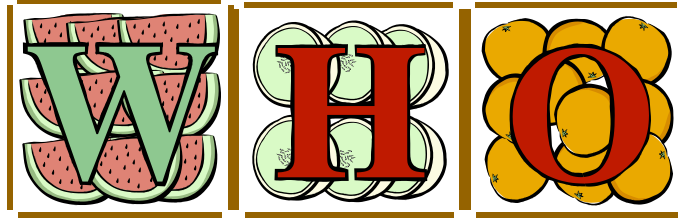
View a Wellness Policy as an **OPPORTUNITY** (not a burden).

Utilize the skills and connections of your **TEAM** members.

Use the Michigan **TEMPLATE & HSAT** for all their worth.

Understand your local policy **APPROVAL PROCESS**.

## DEVELOPING A LOCAL WELLNESS POLICY

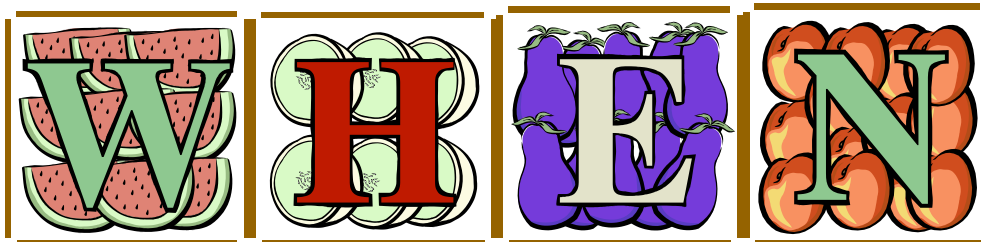


**Action for Healthy Kids members are the natural champions for local wellness policies.**

**You care about kids, nutrition, and health.**

**You are familiar with food & federal nutrition guidance.**

**You know where to find the necessary resources.**



# DEVELOPING A LOCAL WELLNESS POLICY

## Online Resources for Healthy Kids and Healthy Schools

### Action for Healthy Kids (AFHK)

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

In early October 2002, health professionals and educators from across the US gathered to “take action” for children’s nutrition and fitness. This site provides extensive tools, resources, and contacts from the meeting in Washington, DC.

### American Psychological Assoc: Task Force on Advertising and Children

[www.apa.org/releases/childrenads.pdf](http://www.apa.org/releases/childrenads.pdf)

Released in February 2004, this report outlines the effect of food and beverage advertising on children’s eating habits and their contribution to youth obesity. It also offers extensive recommendations for healthful changes.

### BeefNutrition.org (National Cattlemen’s Beef Association)

[www.beefnutrition.org/matehealthyschoolnutrition.aspx](http://www.beefnutrition.org/matehealthyschoolnutrition.aspx)

Parent education handouts, presentation graphics (highlighting protein, iron, and zinc), and body image resources for adolescents (*Mirror, Mirror*) are just a few of the excellent materials available for downloading at this site.

### The Body Positive

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

Through videos, workshops and consulting, the creators of Body Positive teach young people how to have a positive body image and a healthy relationship with food. Their most recent video *BodyTalk 3* (2004) is targeted at ages 6 to 8.

### California Dept. of Education: Academic Achievement and Physical Fitness

[www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp](http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp)

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance of CA Department of Education Achievement Tests.

### Centers for Disease Control and Prevention (CDC)

[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/) and [www.cdc.gov/HealthyYouth/index.htm](http://www.cdc.gov/HealthyYouth/index.htm)

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

### Center for Weight and Health (University of California, Berkeley)

[www.cnr.berkeley.edu/cwh/](http://www.cnr.berkeley.edu/cwh/)

The center sponsors conferences and coalitions in California. The site features links to literature, research, surveys, funding, and information on *Children and Weight: What communities can do*.

### Community Health Partnership (Oregon)

[www.communityhealthpartnership.org/publication2.html](http://www.communityhealthpartnership.org/publication2.html)

In response to concern about soda and snack foods in schools, CHP initiated a survey about contracts between Oregon schools and vendors and published a report: **School Soda Contracts: A Sample Review of Contracts in Oregon Public School Districts**

Prepared by Dayle Hayes, MS, RD (September 2005)

[EatWellatSchool@aol.com](mailto:EatWellatSchool@aol.com)

# DEVELOPING A LOCAL WELLNESS POLICY

## Dole 5 A Day

[www.dole5aday.com/](http://www.dole5aday.com/)

Dole was one of the first companies to create a nutrition education website – and this one keeps getting better. Log on for fruit and veggies facts, recipes, and fun. There are special sections for kids, parents, teachers, and school foodservice.

## Farm to School

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

Farm to School programs connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting small farmers.

## The Food Trust: Building strong communities through healthy food

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

The Food Trust's Healthy Beverage Toolkit is designed to help parents, teachers, food service professionals, school administrators and community leaders promote healthy beverages, by focusing on what beverages are sold and served to children at school.

## Healthy School Food Coalition

[http://departments.oxy.edu/uepi/cfj/cfj\\_LA\\_sodaban.htm](http://departments.oxy.edu/uepi/cfj/cfj_LA_sodaban.htm)

Los Angeles Unified School District, second largest US district, unanimously passed a motion banning soda sales in all district schools. This site offers a guide to the strategies used in LA and other school nutrition information.

## Healthy Weight Network

[www.healthyweight.net/](http://www.healthyweight.net/)

Francie Berg, MS, publishes *Underage and Overweight* and offers handouts, resources, and links, like ***SNE Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children*** (2002).

## Institute of Medicine ~ Preventing Childhood Obesity

[www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)

IOM Committee on Prevention of Obesity in Children and Youth has developed a national strategy with specific actions for families, schools, industry, communities, and government in ***Preventing Childhood Obesity: Health in the Balance***.

## Kaiser Family Foundation Report: Role of the Media in Childhood Obesity

[www.kff.org/entmedia/entmedia022404pkg.cfm](http://www.kff.org/entmedia/entmedia022404pkg.cfm)

This 2004 report reviews over 40 studies to explore what researchers do and do not know about the role media plays in childhood obesity – and identifies ways media could help to address this important public health problem.

## KidsRunning.Com

[www.kidsrunning.com/columns/whatkidsneed2.html](http://www.kidsrunning.com/columns/whatkidsneed2.html)

Read all about the strategies that a creative teacher (and webmaster) has developed to incorporate healthy snacking and physical activities (like a ***Healthy Snacking Ultra-Marathon***) into elementary and special education classrooms.

# DEVELOPING A LOCAL WELLNESS POLICY

## Lexington-Fayette Health Department (Kentucky)

[www.lexingtonhealthdepartment.org/docs/Food\\_for\\_Thought\\_printer.pdf](http://www.lexingtonhealthdepartment.org/docs/Food_for_Thought_printer.pdf)

The health promotion folks in Lexington, Kentucky, have developed an excellent full-color publication: *Food for Thought: Healthy Food Guidelines for Schools* (available for a free download as a PFD file).

## Maine Nutrition Network (MNN)

[www.maine-nutrition.org/homepage.htm](http://www.maine-nutrition.org/homepage.htm)

MNN is a collaboration coordinating nutrition activities to support the health of Maine people, including healthy recipes, *Maine-ly Nutrition Education* programs, and the new *Maine Guide: Supporting Healthy Changes in School Nutrition Environments*.

## Michigan Department of Education

[www.michigan.gov/documents/healthyweight\\_13649\\_7.pdf](http://www.michigan.gov/documents/healthyweight_13649_7.pdf)

*The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper* (2001) features guidance on excessive weight and weight gain; social pressure for excessive slenderness; and unsafe weight loss practices.

## Michigan Team Nutrition

[www.tn.fcs.msue.msu.edu/](http://www.tn.fcs.msue.msu.edu/)

The partnership between MSU Extension and the MI Department of Education has dozens of resources for schools, including exciting ways to link nutrition and physical activity education with literacy – promoting reading and health together.

## Mississippi Office of Healthy Schools

[www.mde.k12.ms.us/HealthySchools/](http://www.mde.k12.ms.us/HealthySchools/)

The Mississippi Department of Education and Child Nutrition Programs developed the *Mississippi Local School Wellness Policy Guide for the Development*, including a model wellness policy (downloadable from this site).

## Montana Team Nutrition Resources

[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

Search on-site for PDF of excellent resources from Big Sky country, including *Lewis and Clark Fitness Challenge Tool Kit*, *Mind and Body: Activities for the Elementary Classroom*, and *Recess Before Lunch: A Guide for Success*.

## National Dairy Council Tools for Schools

[www.nationaldairyCouncil.org/nationaldairyCouncil/tools](http://www.nationaldairyCouncil.org/nationaldairyCouncil/tools)

Sign up for *NDC Update* (a free monthly newsletter), read about opportunities for 3-A-Day Nutrition Education Grants, and check out extensive index of educational materials and kits are available for free download

## National Eating Disorders Association

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

If you are concerned about the increasing risk of eating disorders and disordered eating patterns, you'll want to bookmark this site – which offers information about **National Eating Disorders Awareness Week** along with statistics, handouts, and lots of links.

# DEVELOPING A LOCAL WELLNESS POLICY

## National Foodservice Management Institute

[www.nfsmi.org/Information/index.html](http://www.nfsmi.org/Information/index.html)

NFSMI offers training in Child Nutrition Management; a comprehensive catalog of materials for child nutrition professionals; and extensive research studies on foodservice and healthy school nutrition environments.

## North Carolina's ~ Eat Smart, Move More

[www.eatsmartmovemorenc.com/](http://www.eatsmartmovemorenc.com/)

This initiative promotes healthy eating and activity through environmental change, like *North Carolina's Recommended Standards for All Foods Available in School*. Read dozens of success stories for tips and strategies.

## Nutrition Explorations

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

This site, also sponsored by the National Dairy Council, provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school foodservice professionals.

## PASA (Parent's Advocating School Accountability)

<http://pasaorg.tripod.com/nutrition/nutrition.html>

This parent group in San Francisco (CA) has supported extensive changes in the nutrition environment of SFUSD schools. Site includes detailed info about those changes, links to other sites, and an excellent archive of school nutrition news.

## President's Challenge ~ You're It. Get Fit!

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

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register you whole school), as well as cool online tools and ways to win awards for activity.

## Project LEAN (Leaders Encouraging Activity and Nutrition)

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

California Project LEAN, from The Public Health Institute, supports several projects, including *Bright Ideas* and a *Superintendent's Challenge*, as well as *Food on the Run: Your Energy Wake Up Call*, a site with nutrition and active solutions for teens.

## Rhode Island Kids First

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

Rhode Island's Team Nutrition program offers numerous innovative resources on this site, including new lessons on Food Safety for all grade levels, best practices from Rhode Island cafeterias, and kid-tested, school-sized recipes.

## School Nutrition Association (SNA, formerly American School Foodservice Asso.)

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

The 55,000+ members of SNA work in school nutrition all across the USA, and many are active in creating school-based nutrition programs for healthy kids. The site features news, research, and free promotional kits for school meals.

Prepared by Dayle Hayes, MS, RD (September 2005)

[EatWellatSchool@aol.com](mailto:EatWellatSchool@aol.com)

# DEVELOPING A LOCAL WELLNESS POLICY

## **SPARK: The New PE**

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

SPARK's training and tools promise PE classes that are more inclusive, active, and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness, and After School Recreation.

## **Take 10!**

[www.take10.net/](http://www.take10.net/)

**Take 10** is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.

## **Texas Department of Agriculture ~ Child Nutrition Programs**

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

Details on the new statewide policy on competitive foods, along with PDFs of several useful brochures: *Non-Food Ways to Raise Funds and Reward a Job Well Done* and *Suggestions for Nutritious Snacks at School and Home*.

## **USDA My Pyramid: Steps to a Healthier You**

[www.mypyramid.gov/](http://www.mypyramid.gov/)

Check out this interactive site for all the details of the MyPyramid Eating Plan, introduced in April 2005. Look inside the Pyramid (serving sizes, tips, etc.), download new graphics, and review features like personalized Pyramid plans and My Pyramid Tracker.

## **USDA Team Nutrition**

[www.fns.usda.gov/tn/Default.htm](http://www.fns.usda.gov/tn/Default.htm)

The Team Nutrition program is a goldmine of materials, kits, and local efforts to enhance school nutrition environments. You can download free materials; read about Team Nutrition success stories; and find out what is going on in your state.

## **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)

*Fruits & Vegetables Galore: Helping Kids Eat More* is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables – to rejuvenate school cafeterias.

## **USDA Team Nutrition ~ HealthierUS School Challenge**

[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)

The HealthierUS School Challenge recognizes schools that taken steps to improve their school meal programs, address the problems of obesity, and to encourage other schools to follow their lead. Find out more in selection criteria and self-assessment form.

## **USDA Team Nutrition ~ Making It Happen**

[www.fns.usda.gov/tn/Resources/makingithappen.html](http://www.fns.usda.gov/tn/Resources/makingithappen.html)

*Making It Happen: School Nutrition Success Stories* tells the stories of schools that have successfully implemented innovative approaches to offer and sell more nutritious foods and beverages to students and staff. Order your copy online today.

# DEVELOPING A LOCAL WELLNESS POLICY

## USDA Team Nutrition ~ The Power of Choice

[www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)

Designed to help youth make healthy eating and fitness decisions, *The Power of Choice* is intended for after-school program leaders and middle school teachers. It's full of quick, simple things to do with kids; many activities take little or no pre-planning.

## USDA Team Nutrition ~ School Wellness Policies

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

This site serves as a clearinghouse of information on the components that should be considered when establishing a school wellness policy. Examples of policies already developed by schools and State agencies are provided as resources and references.

## VERB™: It's What You Do

[www.verbnow.com/](http://www.verbnow.com/)

VERB™ is CDC's physical activity website aimed at tweens (ages 8 to 12). The site provides ways to record activities and win prizes – along with videos of dances moves, skateboarding tricks, and BMX bike actions.

## 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)

Enid Hohn, RD, Director of Child Nutrition Services in a large southern California school district, offers extensive information, including a PowerPoint presentation about the success of her healthful vending program.

## Wisconsin Department of Education: *What's Right for Kids*

[www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf](http://www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf)

Released in early 2004, this comprehensive document outlines child nutrition problems – and the multiple roles that schools can play in the solutions, including many examples of what Wisconsin schools are doing to improve nutrition.

## Wheat Foods Council: The Grains Information Center

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

Yummy recipes, gorgeous photos, research updates, and professional resources – everything you wanted to know about grains, but didn't know who to ask. Need some rebuttals to today's low-carb craziness – check here!

+++++

# RESOURCES by Dayle Hayes, MS, RD

## Eat Right Montana's Healthy Families Campaign

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

- 5 years of monthly packets with consumer handouts and resource lists

## Billings Gazette Nutrition Columns

[www.billingsclinic.com/AboutUs/NutritionNews.htm](http://www.billingsclinic.com/AboutUs/NutritionNews.htm)

- Archive of weekly columns, published in Billings Gazette, Billings, MT

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