Local Wellness Policy (LWP)

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Greeley-Evans School District 6
Greeley, Colorado

Background

- My Background
  - BS in Finance
  - Adventure into Public Health Nutrition and Dietetics
  - Adventures in school wellness

- Wellness Specialist Position Background
  - STEPS Grant: dept of public health
    - Student wellness 2006-09
  - AmeriCorps
  - Commitment from NS Director
  - NS Funded

Wellness Specialist Position

- Lead Student Wellness Committee, initiatives
- Lead 19 new Student Wellness Teams
- Farm to School Promotion
- Lead Worksite Wellness Committee, initiatives
  - Manage $100,000 budget
  - WELCOA gold award
- Grant writing, implementation and reporting
  - $385,000 last year
- Preceptor for 5-10 full-time UNC Dietetic Interns
Introductions

Stand if you...
- Work within a school district?
- Are a community partner?
- Feel confident you know the contents of your LWP?
  - Are satisfied with the status of your LWP?
- Have a written Implementation Plan for your LWP?
- Have a written, formal evaluation for your LWP?

Group Norms

- Have a positive attitude & an open mind
- Be a respectful listener
- Share your stories & thoughts
- Ask questions & actively participate
- Stay focused on today’s objectives
- Relax & have fun!

Agenda

- 9:45-11:15: Overview of D6 Wellness Program
- 10:15-10:30: Break
- 11:15-12:30: Lunch, Networking, Work
- 12:30-1:15: LWP Goals, Transparency
- 1:15-2:00: Implementation & Evaluation
- 2:00-2:15: Break
- 2:15-3:00: Sustaining LWP & Wellness Program
- 3:00-3:30: Stakeholder & Community Involvement
- 3:30-4:00: Q&A, Closing, Evaluation
Objectives

- Learn about the student wellness program in Greeley-Evans School District 6 and how you can apply different aspects to your work
- Understand the minimum LWP requirements from the USDA and how to meet and exceed these requirements
- Begin creating or improving your district’s Implementation Plan
- Gain ideas for LWP evaluation and assessment tools
- Learn key components for a thriving and sustainable wellness program
- Learn about ways to involve the community as wellness partners and potential funders
- Network and learn from fellow wellness advocates
- Have fun and get excited about school wellness!

YOUR Goals

- What do you want to get out of today?
  - Write it down: Notes page
  - Share
  - Parking Lot
  - Keep track of 3-5 key ideas that you want to take back to your team. Will share at end of day
  - 30-60-90

Beach Ball Volleyball
BRAIN ENERGIZER & RAFFLE
Overview of D6 Wellness Program
The “why” and the “how”

[Image of Wellness Program]

http://www.greeleyschools.org/studentwellness

WHY WELLNESS VIDEO

Why is School Wellness Important?

- Increases academic performance
- Improves classroom behavior
- Helps with learning retention
- Keeps students safe and healthy
- Encourages healthy body weight
PA and Academic Performance Research

CDC (2010): reviewed 50 studies on effect of school-based PA on academics

• Virtually none of the research showed negative results
• Recess can improve attention, concentration, ability to stay on task
• Increased PE time can improve test scores
• Short classroom PA breaks (5-20 mins) can improve test scores

Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

Childhood Obesity in AZ

• [http://stateofobesity.org/children1017/](http://stateofobesity.org/children1017/)
• 2004: 12.2%
• 2007: 17.8%
• 2011: 19.8%
• Why increase?
District 6 Stats

- 20,000+ Students
- 60% Hispanic
- Significant Refugee Population
- 50+ Languages
- 64% Qualify for Free & Reduced Meals (includes charters)
- Several schools over 90%
- 31 Schools
- 13th Largest District in CO
- 167th out of 178 in per-pupil funding

District 6 Stats

- 2700+ Employees
- Nearly half our teachers have a masters degree
- 15,000 meals served per day
- 80% made from scratch
- 80% Graduation Rate
- Higher than state average

Your District

- Size
- Demographics
- Funding
- Wellness
LWP Beginnings

2004: Child Nutrition and Special Supplemental Nutrition Program for WIC Reauthorization Act
- Adopt and implement wellness policy by the 06-07 school year

2010: Healthy, Hunger-Free Kids Act
- Added provisions for LWP related to implementation, evaluation, public reporting

LWP Beginnings

- Sample wellness policy released with minimum requirements, to be edited by districts
- Often vaguely worded: “are encouraged to” vs. “required”
- Focus on raising test scores rather than mandates for which results are neither measured nor rewarded
- Many view choices are “either/or” vs. “both/and”
  - Failure to see how improving physical, nutritional environment will positively impact academics

Break

15 minutes
D6 WELLNESS POLICY VIDEO

https://www.youtube.com/watch?v=l7B2h3u8Sg

D6 Program Beginnings

- 2005: Student Wellness Policy Committee formed
- 2006: first LWP approved by School Board
- 2011: most recent Board-approved revisions
  - Many revisions currently waiting for Board approval
- 2011: first D6-funded Wellness Specialist started
  - Worked with committee, community partners like the Alliance for a Healthier Generation, state organizations, to strengthen policy language, build implementation plan, assessment

Getting Buy-In

- Ongoing process
- Find champions
- Pilot, model success
- BIC example
- Lead with research
  - Group Activity: Active Education: Growing Evidence on Physical Activity and Academic Performance. 2015 Research Brief
Program Examples

Chef in the Classroom
- Follow Colorado Academic Standards
- See handout with standards addressed, summaries of presentations
- Nutrition ed, culinary demo, taste testing
- Categories:
  - General Nutrition (K-12)
  - Breakfast (K-12)
  - Farm to School/School Gardens (K-12)
  - Culinary Careers (6-12)

Program Examples

Linking nutrition ed to reading, math, PE
- Fitness Food and Fun sample

To encourage both literacy and wellness education, the Student Wellness Program has identified this book as one that contains health and wellness themes. By exposing students to this book, we can have a positive impact on student well-being.
Program Examples

Menu makeover/salad bars
• 2010-11 school year: 18% of entrees prepared from scratch
• Now: 80%+ scratch cooking
• Eliminated highly processed foods
• Salad bars in every school

Video: [www.greeleyschools.org/nutrition](http://www.greeleyschools.org/nutrition)

Program Examples

• Online resources/newsletters
  • Sample Wellness Watch
• Nutrition facts in cafeterias, online
• Soda-free zones
• Wellness education and program for staff

Program Examples

• Healthy vending machines: Right Bite Vending
Program Examples

- Student Wellness Teams
- School gardens, garden to cafeteria
- Classroom rewards program
- Healthy classroom parties
- Healthy fundraiser resources

Questions?

Program Examples

- Classroom energizers
- Afterschool fitness opportunities
- Standardized PE curriculum
- Bike and Walk to School Days
- Farmer in the Classroom

Questions?

Lunch

1 hour
Group Walk: 12:00
Wellness Policy Goals and Transparency

Minimum Requirements (USDA)

1. Goals for nutrition promotion and education, PA, other school-based activities that promote student wellness

2. Nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district

Minimum Requirements (USDA)

3. Permit parents, students, representatives of the SFA, PE teachers, school health professionals, school board, school administrators, general public to participate in development, implementation, review and update of LWP

4. Be measured periodically on extent to which schools are in compliance with LWP, extent to which Local education agency’s LWP compares to model LWPs, and progress made in attaining goals of LWP, and make assessment available to public
Proposed Rule

• Proposed in February 2014, final rule expected in 2015
• Comment period ended in April 2014

• Establish wellness policy leadership
• Public participation
• Specific goals, review, consider evidence-based strategies
• Nutrition guidelines for all food & beverages, consistent with Smart Snacks
• Policies for food & beverage marketing
• Annual progress reports
• Triennial assessments
• Public updates
• Monitoring/oversight by state agencies

Model Policies

• Alliance for a Healthier Generation:
  www.healthiergeneration.org
• Meets minimum USDA standards
• Meets the Alliance’s “Bronze”-level award criteria
• Meets minimum best practice standards
• Includes optional language to strengthen policy, address proposed rule

D6 Policy

3 Goals (mirrors sample policy from state)
1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors
2. The district will support and promote proper dietary habits contributing to students’ health status and academic performance
3. The district will provide opportunities for students to engage in physical activity
Objectives

- Based on sample provided by state
- Continue to modify, strengthen based on federal guidelines, circumstances in our district
- Implementation Plan base
- Policy can be more restrictive than USDA guidelines

GoNoodle: Brainercise with Mr. Catman
www.gonoodle.com

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D6 Policy Proposed Changes

ADF:
- Scope of committee, use of policy widened to comply with USDA regulations
- Moved objectives to ADF-R (regulatory statements)

ADF-R
- Modify definition of “healthy” foods to comply with Smart Snacks
D6 Proposed Policy Changes

Goal 1:
• Cafeteria: “learning laboratory”
• Integrate nutrition ed into other areas
• PD
• School gardens

Goal 2:
• Time to eat: get data to support
• Expand “soda-free” language
• Access to water
• Nutrition contact
• PA fundraisers
• Not using food as disciplinary action

D6 Proposed Policy Changes

Goal 3
• Walking, biking to school programs
• Emphasis on healthy after-school programs
• Encourage use of brain energizers
• Expansion on taking away PA as form of discipline
• Recess before lunch
• PA levels at recess
• Community use of facilities
• Role-modeling

D6 Proposed Policy Changes

New Section
• Incorporate wellness into UIP
• School Wellness Teams
• Assessment

Language
• Replace “recommended” with “required”
• Replace “may” with “shall”
• Replace “should” with “will”
Transparency

• Must share policy, implementation plan and evaluation with public as part of HHFKA of 2010

• Chose webpage as our best method of communication
  • Include Policy, Implementation Plan, Assessments, Meeting Minutes

• Incorporate into every presentation to the public

Your District’s Policy

• Strengths?

• Areas to work on/changes to make?
  • Why?
  • Admin support of these changes?
  • Staff support?
  • Feasibility?
  • Timeline?

Implementation and Evaluation
Implementation

• Communicate with administrators*, teachers, parents, students
  • See Communication Plan
  • Link on menu site, app: http://greeleyschools.nutrislice.com/menu/chappelow/lunch/
  • Avoid “food police” vibe
• Focus on opportunities rather than restrictions
  • Ex: $ available through walk-a-thons
• Spreading awareness is ongoing
• How can you communicate your LWP more effectively?

Implementation Plan

| Goal #1: The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors |
|---|---|---|
| Objectives | Activities | Time Frame | Activity Status |
| Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity. | Work with key curriculum liaisons to develop subject specific ways to incorporate nutrition education into classroom lessons. Develop bulletin board kits on wellness topics for schools to check-out. | By August 2014. By January 2014. | IP IP |

Measuring Progress & Evaluation

• Implementation Categories:
  • Completed (C)
  • In-progress (IP)
  • Not Started (NS)
  • Ongoing (O)
  • Completed/Ongoing (C/O)
• Review quarterly
• Living document
• Annual evaluation: student wellness teams
Evaluation

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>11/12</th>
<th>12/13</th>
<th>13/14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centennial</td>
<td>54%</td>
<td>79%</td>
<td>93%</td>
</tr>
<tr>
<td>Health-promotion</td>
<td>6 of 16 indicated &quot;fully in place&quot;</td>
<td></td>
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</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>East Memorial</td>
<td>61%</td>
<td>77%</td>
<td>93%</td>
</tr>
<tr>
<td>Recess not withheld as a punishment</td>
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<td></td>
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<tr>
<td>Heiman</td>
<td>73%</td>
<td>64%</td>
<td>82%</td>
</tr>
<tr>
<td>Incorporating physical activity into other subject areas</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
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<tr>
<td>Madison</td>
<td>71%</td>
<td>89%</td>
<td>89%</td>
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<td></td>
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<tr>
<td>Maplewood</td>
<td>54%</td>
<td>71%</td>
<td>68%</td>
</tr>
<tr>
<td></td>
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<td>Martinez</td>
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<td></td>
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<tr>
<td>McAuliffe</td>
<td>84%</td>
<td>75%</td>
<td>82%</td>
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<td>Meeker</td>
<td>61%</td>
<td>79%</td>
<td>93%</td>
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<td></td>
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<td></td>
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<tr>
<td>Monfort</td>
<td>79%</td>
<td>82%</td>
<td>93%</td>
</tr>
<tr>
<td></td>
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<td></td>
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<tr>
<td>Romero</td>
<td>43%</td>
<td>64%</td>
<td>75%</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Scott</td>
<td>64%</td>
<td>54%</td>
<td>79%</td>
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<tr>
<td>Shawsheen</td>
<td>82%</td>
<td>93%</td>
<td>71%</td>
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<td></td>
<td></td>
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<tr>
<td>Winograd</td>
<td>96%</td>
<td>82%</td>
<td>68%</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Elementary School Average</td>
<td>65%</td>
<td>74%</td>
<td>81%</td>
</tr>
</tbody>
</table>

Major Areas for Improvement

- Health-promotion activities that encourage physical activity
- Recess not withheld as a punishment
- Incorporating physical activity into other subject areas
- Smart Snacks

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GoNoodle: Zumba Kids
www.gonoodle.com

Updating Your LWP

- Must be approved by School Board: can be challenging!
- Awareness of new regulations and how it affects your LWP
  - Ex: Smart Snacks
- Issues within your district
  - Ex: school stores
- With each update, policy becomes stronger: a process
  - Ex: vending
Assessment Tool

- Created in 2011 when assessment, evaluation, reporting requirements were implemented
- Align with policy objectives
- 2 pages max

School Wellness Assessment

Date: ________________ School: ____________________
Assessors’ name(s): _________________________________________________________________________

Comprehensive Learning Environment

<table>
<thead>
<tr>
<th>Item</th>
<th>Yes</th>
<th>No</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Nutrition education is included: (If more than one applies, average score)</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Elementary schools: for at least half, but no fewer than two, of the grade levels in the school</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Middle schools: in at least one grade level as part of required year-round instruction</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>High schools: in two courses required for graduation</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Nutrition education is part of a systematic and structured unit of instruction.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into the core instruction.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Advertisements within the school reinforce the goals of healthy education and nutrition standards.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Teachers have adequate materials and resources to provide current nutrition education in the classroom.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Nutrition education opportunities are offered to parents and families.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Parents have the opportunity to volunteer for wellness-related activities in the school.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>&quot;Treat This, Not That&quot; poster is displayed in the school.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>School participates in Chef in the Classroom program, teaching students how to cook fresh meals.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>School participates in Farmer in the Classroom program, teaching students about where food comes from.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>School has a school garden, and students are active participants in the garden.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

Total Score: ______/26 = ______%

Reviewing Data: Who & When

- Entire Student Wellness Committee reviews, quarterly
- Open to public review, as required
- D6 Policy: School Board to be updated annually... challenging to get on the agenda
Break
15 minutes

Maintaining SW Program and LWP
Logistics

Student Wellness Policy Committee

- Standing Members
  - District employees
- Members Selected by Appointment
  - Community partners
- Member Selected by Application
  - Parents, students, staff
- Term Lengths: 1-2 years
- Selection Process
- Time Commitment: minimum 1.5 hours per quarter, possible subcommittee work
Webpage & Social Media

- [www.greeleyschools.org/studentwellness](http://www.greeleyschools.org/studentwellness)
- [www.greeleyschools.org/nutrition](http://www.greeleyschools.org/nutrition)
- [www.facebook.com/d6nutritionservices](http://www.facebook.com/d6nutritionservices)
- [www.facebook.com/d6studentwellness](http://www.facebook.com/d6studentwellness)

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Note Pass: write an exercise on a card, pass in circle, do exercise when music stops

Finding/Creating Materials

- Use research-based, recognized program resources
  - Action for Healthy Kids
  - Alliance for a Healthier Generation
  - CDC
  - USDA
  - Local Department of Public Health
- Interns
- Communications Department
- Needs Assessment
  - District’s demographics
  - Culturally appropriate
Student Wellness Teams

- Buy-in
- 19 schools
- Leader, co-leader per school receive stipend
- Grant funded
- Sustainability
- Kick-off, communication
- SHIPs
- Team size

Student Wellness Team Successes

- Wellness Night at Maplewood
- Walk to School Day
- Healthy Parties
- Increased PA during class time, recess, before/after school programs, running clubs
- Increased policy awareness, implementation
- Increased use of available resources

Stakeholder & Community Involvement
Utilizing Partners, Other Funding Sources

• SWC
• Subcommittee work
• PTO/PTA
• Fundraisers
• Parent nights
• Wellness night
• Open forum
• Media coverage
• HKC: UC Health
• Banner Health
• Sponsorship
• Local university
• Interns
• Kaiser Permanente
• Local health department
• Cooking Matters
• CDE

Visualization Exercise

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Wrapping it Up

Parting Thoughts
Your Key Take-Aways & Next Steps

- Share 3-5
- 30-60-90

Summary of Challenges

- Time
- Admin support
- Policy changes through BOE
- Parent involvement
- Demographics
- Language barrier
- Academic watch

Summary of Successes

- Healthier US School Challenge Award Recipients
  - 8 silver schools
  - 5 bronze schools
- Student Wellness Teams: 19 of 24 schools
- Grant funding
- Nationally-recognized NS department
- Community partners
Suggestions

• Continue advocating for wellness!
• Stay the course
• Focus on creating a culture of wellness
• Community, parent, student involvement
• Admin support
• Focus on the positive
• Lead with research

PEP TALK

https://www.youtube.com/watch?v=l-gQ5y94o&index=63&list=PLzvRx_j090k_Ya8EfWcjUJ6nKA10m-t

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Fit Sticks + Happy
www.gonoodle.com