Moving Policy into Practice: Building School Wellness Policies to Expand Reach and Impact

Tuesday, April 25, 2017
2:00 – 3:00 PM EDT
Housekeeping

- Webinar recording and slides will be made available

- All participant lines are muted

- Type questions into the Questions box

- Technical difficulties? Use the questions box.
About NACDD and The School Health Project

- The National Association of Chronic Disease Directors (NACDD) serves and represents more than 6,000 specialized chronic disease practitioners working in public health departments across all 50 states and U.S. jurisdictions to prevent and control chronic disease.

- The School Health Project assists chronic disease directors and their staff to make informed decisions about a variety of school health issues.
Disclaimer

• This webinar was produced under a cooperative agreement with the Centers for Disease Control and Prevention (CDC).

• Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NACDD, the Alliance for a Healthier Generation, or CDC.
Learning Objectives

At the end of this webinar, participants will be able to:

• List at least two new state and/or local organizations to explore for partnerships that can help build stronger school wellness policies and expand reach and impact.

• Explain at least two ways states have strengthened the implementation and oversight of school wellness policies once adopted/revised by school districts.

• Identify at least two actions you can take that apply strategies and resources from the webinar to improve local school wellness policies.
Presenters

Shannon Vogler, BS CHE, MBA
Healthy Schools and Communities
National Advisor, Alliance for a Healthier Generation
Presenters

Jennifer Woolard, BS
School Chronic Disease Prevention Specialist, Vermont Department of Health

Heather Blume, MS, RD, LD
Coordinator, Child Nutrition Programs, Idaho State Department of Education
United States Department of Agriculture (USDA) Local School Wellness Policy

• Healthy, Hunger-Free Kids Act (HHFKA) of 2010

• Final rule published in 2016: https://www.fns.usda.gov/school-meals/fr-072916c

• Schools to develop a revised local school wellness policy during school year 2016-2017 to fully comply with final requirements by June 30, 2017

State Public Health Actions (DP13-1305)

- Funded by the CDC, states awarded in 2013

- School health is a focus area. Strategies and performance measures for school nutrition and physical education and physical activity.

- States provide professional development and technical assistance to local education agencies to strengthen policies and practices.

https://www.cdc.gov/chronicdisease/about/state-public-health-actions.htm
EMPOWERING KIDS TO DEVELOP LIFELONG HEALTHY HABITS

Healthy Schools Program
Healthy Out of School Time
Strategic Initiatives
Healthier Generation Benefit

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Support for ALL States

- NEW Learning Opportunities
- NEW Resources
- Connect Community Postings

Training of Trainers

Alabama
Delaware
New Jersey
Virginia
New York
Louisiana
Minnesota
Wisconsin
Nevada
New Mexico
Washington
Oklahoma
Opportunity to

Take Action

Accountability

Local Wellness Policy

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Integration

Norris School District 160, Firth Nebraska

- Technology Integration
- Health and Wellness
- Student RTI (Response to Intervention)
- Curriculum Alignment

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Beyond the Champion

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Build the Buy-In

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WHAT CAN YOU DO?

- Action Planning Tool
- School Health Index (SHI) Assessment
- Framework of Best Practice
Looking for More Training?

Find our On-Demand trainings in The Alliance Training Center by scanning the QR code below or by navigating to schools.healthiergeneration.org.

Have Questions, Want to Chat, or Want to Meet Others in Your Field?

Join one of our Connect Communities within The Alliance Training Center!

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- Wisconsin
- Arizona
- Ouachita Parish Schools, LA
- Kentucky
- Pasadena Independent School District, TX

Wellness Stories: https://www.healthiergeneration.org/about_childhood_obesity/wellness_stories/

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Contact: Shannon Vogler
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THANK YOU

Questions?

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Poll Question

To what extent does your school or do schools in your district/state currently meet the final rule for local school wellness policies?

- To a Great Extent
- To a Moderate Extent
- To Some Extent
- Not at All
- I Don’t Know
Vermont Department of Health Strategies to Support Local School Wellness Policies

Jennifer Woolard
Vermont Department of Health Physical Activity and Nutrition Program
Population: 625,000
Student Population: 84,000
School Districts: 56
Schools: 296

12 Department of Health Offices
KEY STRATEGIES

☐ Whole School, Whole Community, Whole Child (WSCC) Model Partnerships

☐ Development of Guidelines and Tools

☐ Agency of Education (AOE) Administrative Review Connection

☐ Farm to School Integration

Vermont Department of Health
PARTNERSHIPS ARE KEY

Vermont Agency of Agriculture
School Board Association
School Nutrition Association
Society of Health Physical Educators
Afterschool Program

Vermont Agency of Education
Principals Association
Superintendents Association
Vermont Farm to School Network
Safe Routes to School

https://www.cdc.gov/healthyouth/wscm/
Vermont School Wellness Policy Guidelines and Implementation


<table>
<thead>
<tr>
<th>Goal</th>
<th>Action Steps</th>
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<tbody>
<tr>
<td>What do we want to accomplish?</td>
<td>School Health Team will review current marketing material in the school and send notice to school staff</td>
</tr>
<tr>
<td>Nutrition Promotion: Example: Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards</td>
<td>Food service professionals will utilize USDA Team Nutrition and Harvest of the Month print materials to hang in cafeteria</td>
</tr>
<tr>
<td></td>
<td>Healthy food options and local food, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices</td>
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Low Sodium Recipes

Shaking Up School Lunches

Creative recipes to enhance flavors and reduce sodium

For Vermont School Nutrition Professionals

Vermont Department of Health

TOOLS FOR SCHOOLS

Active Learning: A Toolkit for Teachers

This toolkit was created for K-12 teachers in Vermont and New Hampshire to promote physical activity in the classroom.

Dartmouth-Hitchcock
NORRIS COTTON CANCER CENTER

STATE AGENCY OVERSIGHT

State’s Administrative Review of the LEA

Included Questions:

- Copy of Policy
- Review and Update Process
- Implementation
- Monitoring and Evaluation

https://www.fns.usda.gov/nslp/administrative-review-manual
FARM TO SCHOOL INTEGRATION

- Nutrition Education & Agricultural Literacy
- Local Food Procurement
- Healthy Food Marketing
- Food Access
- Physical Activity
- Community Involvement

Photo rights: VDOH
CHALLENGES AND BARRIERS

- Vermont School Consolidation
- Competing Priorities on School Board Agendas
- Administrative and School Staff Buy-in
- Staff Capacity and Budgets
NEXT STEPS

Continue to Expand Partnerships
Implementation and Evaluation
Sustainability
Celebrate SUCCESS!!
CONTACT

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Idaho Wellness

School Meals
1305 Grant
Idaho Tools
Partnership
The **Child Nutrition Program (CNP)** is a federally funded meal program operating in schools and daycare homes. Through a number of school specific programs, CNP provides nutritionally balanced, low-cost, or free lunches to children each school day.
School Meal Programs

School Wellness

- School Breakfast Program
- National School Lunch Program
- After-School Snack Program
- Fresh Fruit and Vegetable Program
Administrative Review Highlights...

Do meals meet healthy nutrition standards?

Do students have access to water?

What’s in the local wellness policy? Is it implemented?

Adherence to Smart Snacks?

Photo rights: ISDE
“Healthy Meals Environment”

Camas County S.D. Lunch

Photo rights: ISDE
1305 Grant in Idaho

Memorandum of agreement and coordination between Idaho Department of Health and Welfare (DHW) and Idaho State Department of Education (SDE)
1305 Grant: Nutrition Environment

STUDENT ACCESS TO HEALTHY FOODS AND BEVERAGES AT SCHOOL

Source: https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm
Idaho Tools

Available at: http://www.sde.idaho.gov/cnp/hne/wellness.html
Partnership

- Team Nutrition Grant
- Administrative Review and Training Grant
- Training System
Team Nutrition (TN) is a USDA initiative to support Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Photo rights: ISDE
Idaho Team Nutrition Cookbooks

Available at: http://www.sde.idaho.gov/cnp/hne/chef.html
The Administrative Review and Training (ART) Grant is a USDA funded grant. The Administrative Review and Training Grant helps states to improve their operational accuracy in the National School Lunch and Breakfast Programs.
The Idaho Child Nutrition Training System is the source for online and in-person training opportunities for operators of all Child Nutrition Programs in Idaho.
Training Highlights...

Trainings can be taken 24/7

Greater reach into rural areas

More training available on more topics

Training available to more CNP operators at lower cost
Lessons Learned:

Communicate!
Questions

Call 208-332-6820

Or visit

http://www.sde.idaho.gov/cnp/
Contact Information

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• **Jennifer Woolard**, Vermont Department of Health  
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• **Heather Blume**, Idaho State Department of Education  
  HBlume@sde.idaho.gov
Poll Question

Which area of strengthening school wellness policies do you plan on prioritizing for improvement this year?

- Revision/Adoption (of strengthened school wellness policies)
- Implementation
- Monitoring and Evaluation
- Other
- None / I Don’t Know
Resources

• USDA, Team Nutrition, Local School Wellness Policy including Final Rule

• CDC, Local School Wellness Policy
  https://www.cdc.gov/healthyschools/npao/wellness.htm

• Alliance for a Healthier Generation – Schools
  https://www.healthiergeneration.org/take_action/schools/
Resources

• UCONN Rudd Center for Food Policy & Obesity, WellSAT 2.0
  http://www.wellsat.org

• NACDD School Health Online Resource Guide
  http://nacdd1305.org/schoolhealth/
Questions?

• Amanda K. Martinez, Consultant, NACDD
  amartinez@chronicdisease.org

• Post-Webinar Survey:
  https://www.surveymonkey.com/r/7BPS65M