

# Local Wellness Policy

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# Overview

- Background
- Wellness Policy Team
- LWP Requirements
- Policies for Marketing
- Implementation and Support
- Review and Transparency Provisions
- Next Steps

# Law Requirements

- **2004 Child Nutrition and WIC Reauthorization Act**
  - Participating LEAs to establish LWP by SY 2006
  
- **2010 Healthy, Hunger-Free Kids Act**
  - **Section 204:** Local School Wellness Policy Implementation

# Why Local Wellness Policies?

- The prevalence of overweight among children
- Increased likelihood to become overweight or obese adults.
- Unhealthy diet and physical activity patterns account for at least 400,000 deaths among adults in the U.S. each year.
- One in three U.S. children born in 2000 will develop diabetes in their lifetime.

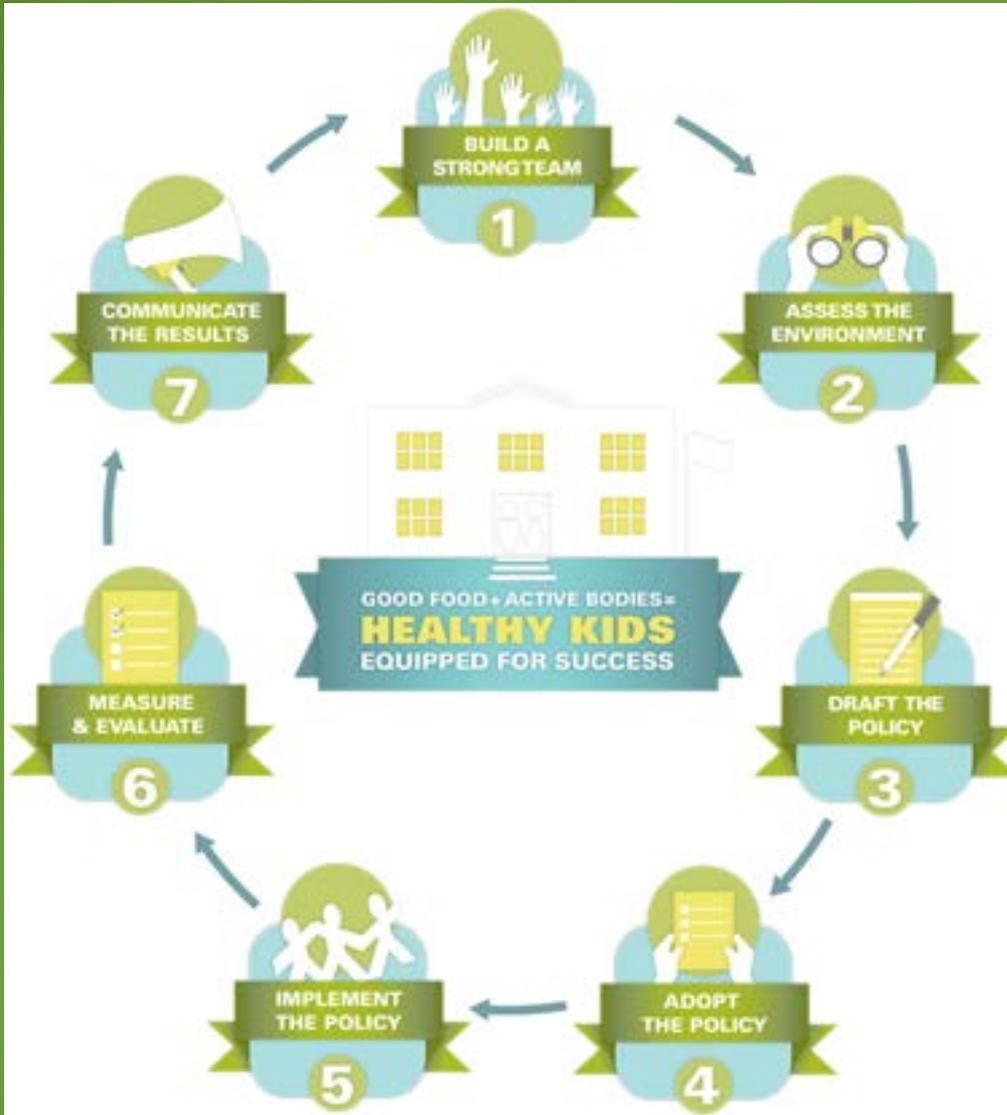
# Background

- By SY 2010-2011, 99% of students in public schools were enrolled in a district that had a wellness policy in place.\*
- Variability exists in the strength and policy enforcement of local school wellness policies.\*
- The proposed rule would strengthen the requirements for the local school wellness policies and put more emphasis on policy implementation, periodic review, and updates.

\* Chriqui JF, Resnick EA, Schneider L, Schermbeck R, Adcock T, Carrion V, Chaloupka FJ., 2013

# Proposed Rule

Title:	Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010
Published:	February 26, 2014
Comment Period:	February 26 to April 28, 2014



# Wellness Policy Tool

Action for Healthy School Kids

# LWP Team

Step 1: Build A Strong Team

# Wellness Policy Team: Leadership

- Required to designate one or more LEA officials or school officials to ensure that each school complies with the LWP.
- Required to identify within the written LWP the position(s) of those responsible for LWP oversight.

# Wellness Policy Team: Stakeholders

## New\*

- Brings in additional stakeholders to the LWP team:  
**PE teachers and school health professionals.**

**LWP must permit:** certain groups to participate in LWP development, implementation, review and updates:

- Parents
- Students
- School food authority representatives
- PE teachers
- School health professionals
- School board
- School administrators
- The general public

# LWP Requirements

Step 2: Assess the Environment

Step 3: Draft the Policy and Procedure

# Using Evidence-Based Strategies

- Strategies that have been evaluated, studied and peer-reviewed. (\*New)

# Examples of Evidence Based Strategies

- Smarter Lunchrooms Movement
  - [www.smarterlunchrooms.org](http://www.smarterlunchrooms.org)
  - Using creative names for fruits and vegetables and targeted main dishes
  - Training staff to encourage students to select fruits and vegetables
  - Placing unflavored milk in front of other beverage choices
  - Bundling “grab and go” meals that include fruit and vegetable items

# Nutrition Promotion and Education

- LWP include goals for:
  - Nutrition promotion
  - Nutrition education



# Nutrition Promotion

- **Activity Ideas:**
  - Offering contests, surveys, promotions or taste-testing
  - Providing information to families to encourage consumption of healthy foods at home
  - Posting nutrition and health posters



# Nutrition Education

## Activity Ideas:

- Integrating nutrition into health education classes
- Promote skill development
- Integrating nutrition into core subjects, as well as electives and non-core subjects

# Physical Activity

- LWP include goals for:
  - Physical Activity



# Other School-Based Activities

LWP include goals for

- Other School-Based Activities

## Activity Ideas:

- HealthierUS School Challenge
- Offer staff wellness training to inspire them to serve as role models
- Sponsor health fairs
- Incorporate school gardens, Farm to School...

# HealthierUS School Challenge

- Establish Committee
- Criteria Areas
  - School meals-participation and foods
  - Physical Education
  - Physical Activity
  - Nutrition Education
  - Competitive foods
  - School environment-LWP
  - Criteria of Excellence
  - <https://www.youtube.com/watch?v=mwxvEuV2JYo>

# Nutrition Guidelines for all Foods

## LWP includes:

- Standards and nutrition guidelines for all foods and beverages available

Wellness policies must be consistent with:

- Meal Pattern regulations
- Smart Snacks regulations



# Smart Snack Requirement

- Smart Snacks regulations requires LEA to retain receipts, invoices, nutrition labels and/or product specifications for all foods purchased through the nonprofit school foodservice account
- Establish the responsible individual(s) in LWP
- Not limited to food service staff

# Policies for Marketing

# Policies for Food and Beverage Marketing

- LWPs must include policies that would permit the marketing of only those foods and beverages that are consistent with the Smart Snacks standards.
- Would not apply to marketing that occurs at events outside of school hours.

# Examples of Marketing

## Applies to:

- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

## Does not apply to:

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools

# Implementation and Support

Step 4: Adopt the Policy  
Step 5: Implement the Policy

# Implementation and Support

## Local Education Agencies (LEA):

- Required to have LWP in place (as of SY 06-07)
- Continue to review and update their LWP to meet new requirements, and continue with implementation, periodic review, and updates to the public.

## State Agencies:

- Continue to provide:
  - Technical assistance
  - Guidance to LEAs
- Continue to identify/revise model LWP and tools
  - MSBA model
  - MCE model

# LWP Interagency Workgroup

- Conducted various needs assessment activities
- Published 5-Year Technical Assistance and Guidance Plan [www.fns.usda.gov/tn/local-school-wellness-policy](http://www.fns.usda.gov/tn/local-school-wellness-policy)
- Issued “Collaborators’ Joint Statement on Local School Wellness Policies”  
[www.fns.usda.gov/tn/wellness-policy-statement](http://www.fns.usda.gov/tn/wellness-policy-statement)
  - Consisted of 26 national organizations and associations

# Review and Transparency Provisions

Step 6: Measure and Evaluate  
Step 7: Communicate the Results

# Informing the Public

- LEAs would be required to inform and update the public about the content and implementation of the local school wellness policy.
- Any updates to the policy must be made available to the public on an annual basis



# Annual Progress Reports

- Annual Progress Reports

Examples:

- Summary report to parents
- Presentation at stakeholder meetings, PTA, etc.
- News release to local media

# Triennial Assessment

- Conduct an assessment of the LWP, at a minimum, every 3 years
- The results of the assessment would be made available to the public

## Assessment should determine:

- Compliance with the LWP
- How the LWP compares to model LWPs
- Progress made in attaining the goals of the LWP

# Updates

- LEAs must update or modify the local school wellness policy as appropriate

# State Agency Monitoring and Oversight

- Included as part of the State's administrative review of the LEA
- At least once every 3 years (the new administrative review cycle)

## Module: Local School Wellness Policy

- |       |  |
|-------|--|
| 1000. | Provide a copy of the current Local School Wellness Policy.  |
| 1001. | How does the public know about the Local School Wellness Policy?<br>Provide documentation to support the response (or appropriate web <u>address(es)</u> ).                |
| 1002. | When and how does the review and update the Local School Wellness Policy occur?<br>Provide documentation to support the response (or appropriate web <u>address(es)</u> ). |
| 1003. | Who is involved in reviewing and updating the Local School Wellness Policy?<br>What is their relationship with the SFA?  |

1004.	How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the Local School Wellness Policy? Provide documentation to support the response (or appropriate <u>web address(es)</u> ).
1005.	Provide a copy of the most recent assessment on the implementation of the Local School Wellness Policy.
1006.	How does the public know about the results of the most recent assessment on the implementation of the Local School Wellness Policy? Provide documentation to support the response (or appropriate <u>web address(es)</u> ).

# Technical Assistance and Resources

USDA's new "School Nutrition Environment and Wellness Resources" website Local School Wellness Policy Process

- Required Wellness Policy Elements
- Healthy School Nutrition Environment
- Samples, Success stories, and Guidance
- Research Reports
- Grants/Funding Opportunities

# Key Information for LWP (FREE!)

- **USDA Wellness Policy Web site:**
  - <http://www.fns.usda.gov/tn/local-school-wellness-policy>
- **USDA Team Nutrition Resource Library (for free resources for your school!):**
  - [www.TeamNutrition.usda.gov](http://www.TeamNutrition.usda.gov)
- **USDA MyPlate materials:**
  - [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- **CDC Web site:**
  - [www.cdc.gov/healthyyouth/npao/wellness.htm](http://www.cdc.gov/healthyyouth/npao/wellness.htm)

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## Wellness

Home » Financial & Admin. Services » Food & Nutrition Services

### Wellness Resources

- [Action for Healthy Kids: Wellness Policy Tool includes a wellness policy template document](#)
- [HealthierUS School Challenge](#)
- [Local Wellness Policy Implementation Work Plan](#) 
- [Local Wellness Policy Report Card](#) 
- [Team Nutrition-Local Wellness Policy Requirements](#)

### Wellness Policies

- [Missouri School Boards' Association](#)
- [Missouri Consultants for Education](#)

## Financial & Admin. Services

- [News and Updates](#)
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  - [Handbooks](#)
  - [HealthierUS School Challenge](#)
  - [School Breakfast Challenge](#)
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# Contact Us

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