

# LOCAL WELLNESS POLICY

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# Overview

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- Background
- LWP Requirements
- Building a Wellness Policy
  - Steps 1-7
- Administrative Review Overview
- Quick Links



# Background

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- 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



# Local Wellness Policy (LWP)

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- A written document that guides a local educational agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn
- Required by every LEA participating in National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) to have a written LWP for all schools under its jurisdiction
  - Special Milk Program is not required to have a LWP
- Flexibility to create individual LWP, however, the LEA is required to develop its LWP
  - Allows school to address its unique needs of each school under its jurisdiction



# Comparison Chart of 2004 vs. 2010 Requirements

	<b>2004 Requirements Child Nutrition WIC Reauthorization Act</b>	<b>2010 Requirements Healthy, Hunger-Free Kids Act</b>
Overview	Directs local educational agencies (LEAs) to have a LWP in place for each school under its jurisdiction.	Strengthens LWPs and adds requirements for public participation, transparency, and implementation.
Elements of the Local School Wellness Policy	LWP to include, at a minimum, goals for nutrition education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to the 2004 requirements, the LWP is also to include goals for nutrition promotion.
Stakeholder Involvement	LEAs are required to involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of LWP.	In addition to the 2004 requirements, LEAs are now required to permit teachers of physical education and school health professionals to participate in the development of LWP.
Stakeholder Participation	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of LWP.



# Comparison Chart of 2004 vs. 2010 Requirements cont.

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	<b>2004 Requirements Child Nutrition WIC Reauthorization Act</b>	<b>2010 Requirements Healthy, Hunger-Free Kids Act</b>
Local Discretion	LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004 requirement.
Public Notification	None.	LEAs are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP.
Measuring Implementation	LEAs are required to establish a plan for measuring implementation of the LWP.	LEAs are required to periodically measure and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and a description of the progress made in attaining goals of LWP.
Local Designation	LEAs are required to establish a plan for measuring LWP implementation to include delegating one or more persons with the responsibility for ensuring LWP compliance.	LEAs are required to designate one or more LEA officials or school officials to ensure that each school complies with the LWP.



# Required Content of the Wellness Policy

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- Guidelines for foods and beverages sold
  - Complaint with Smart Snack and School Meal nutrition standards
- Specific goals for nutrition education, promotion, physical activity, and other school-based activities designed to promote student wellness
- Standards for all foods and beverages provided to students
  - Classroom parties
  - Classroom snacks
  - And other food given as incentives
- Policies for food and beverage marketing



# Required Content of the Wellness Policy cont.

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- Review and consider evidence-based strategies in determining local school wellness goals
- Official(s) designated to track compliance
- Conduct assessment, at least once every three years
- Involve, inform, and update about the content and implementation of the LWP:
  - Parents
  - Students
  - The general public
  - Other stakeholders





# Documentation

- The State agency will examine records during the Administrative Review, including:
  - Copy of the current wellness policy
  - Documentation on how the policy and assessments are made available to the public
  - The most recent assessment of implementation of the policy
  - Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate



# Wellness Policy Tool



# Local Wellness Policy Team

## Step 1: Build A Strong Team



# Wellness Policy Team: Leadership

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- 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.
- 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



# Step 2: Assess the Environment

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- Assess each school under LEAs jurisdiction
  - Include each school within LEA to customize the policy at the local level



# Using Evidence-Based Strategies

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- Strategies that have been evaluated, studied and peer-reviewed
  - strategies for establishing goals and techniques for:
    - nutrition promotion
    - nutrition education
    - physical activity
    - other school-based activities
- Improve student participation while encouraging the consumption of fruit, vegetable and whole grains and decreasing plate waste



# Examples of Evidence Based Strategies

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- 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





# Step 3: Draft the Policy and Procedure

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## □ District Wellness Program Template

[https://dese.mo.gov/sites/default/files/ModelLWP\\_0.pdf](https://dese.mo.gov/sites/default/files/ModelLWP_0.pdf)

## □ Alliance for a Healthier Generation Model Wellness Policy

[https://www.healthiergeneration.org/\\_asset/.../146372\\_ModelWellnessPolicy.doc](https://www.healthiergeneration.org/_asset/.../146372_ModelWellnessPolicy.doc)

### DISTRICT WELLNESS PROGRAM

The Board recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

#### Wellness Committee

The district will establish a wellness committee that consists of at least one parent, student, nurse or other school health professional, physical education teacher, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee.

Committee meeting dates and agendas will be posted on the district's website in advance of each meeting and advertised in a manner designed to reach students, staff and members of the community. All wellness committee meeting agendas will include a public comment period in which students, staff and members of the community are encouraged to provide input on the district's wellness program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

#### Wellness Program Coordinators

The Board designates the following individual(s) as wellness program coordinator(s): \_\_\_\_\_ (title). Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Wellness program coordinators are responsible for ensuring that each school in the district is in compliance with this policy.

#### Nutrition Guidelines

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program.



# Example:

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- The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Ima Example	Community Member	<a href="mailto:ImaExample@community.org">ImaExample@community.org</a>	Assists in the evaluation of the wellness policy implementation



# Local Wellness Policy Goals

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- FNS encourages LEAs to require a specific number of hours and/or frequency to assist in assessing whether schools are meeting their goals for:
  - Nutrition promotion
  - Nutrition education
  - Physical Education
  - Other school-based activities

\*No requirement that an LEA include specific amount and frequency requirements



# Nutrition Education

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- Describe goals and implementation of nutrition education and how the LEA will achieve those goals
- Activity Ideas:
  - Integrating nutrition into health education classes
    - Caloric balance between food intake and energy expenditure
  - Promote skill development
    - Cooking lessons
  - Integrating nutrition into core subjects, as well as electives and non-core subjects
  - Farm visits and school gardens



# Nutrition Promotion

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- Describe goals and implementation of nutrition promotion and how the LEA will achieve those goals
- Nutrition promotion includes marketing and advertising nutritious foods and beverages to students
- Most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.



# Nutrition Promotion cont.

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- Activity Ideas:
  - Marketing of fruits and vegetables
  - Appealing and attractive
  - Located in multiple, convenient spots around the cafeteria
  - Offering contests, surveys, promotions or taste-testing to inform menu development
  - Providing information to families to encourage consumption of healthy foods at home



# Policies for Food and Beverage Marketing

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- LWPs must include policies that would permit the marketing of only those foods and beverages that are consistent with the Smart Snacks standards
- Food marketing includes (1) oral, (2) written, and (3) graphic statements made for the purpose of promoting the sale of food or beverage product
- Applies to the school campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- Items already in place do not need to be replaced
  - LEAs must consider the marketing guidelines when these items are replaced or updated over time



# Examples of Marketing

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- Applies to:
  - Exterior of vending machines
  - Posters
  - Menu boards
  - Coolers
  - Trash cans
  - Cups used for beverage dispensing
  - Prizes
  - Scoreboards
- Does not apply to:
  - Personal expression
  - Personal items
  - Packaging of products brought from home
  - Items used for educational purposes in the classroom
  - Items used for marketing that occurs at events outside of school hours





# Nutrition Guidelines for all Foods

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- LEAs are required to address foods and beverages that are both sold and made available at no cost to students
  
- Wellness policies must be consistent with:
  - Meal Pattern regulations and Smart Snacks regulations
  
- Specify the amounts and accessibility of food components, condiments, salad bars, saturated fats, sodium, etc.



# Nutrition Guidelines for all Foods

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- Examples:
  - Vary the Vegetables
    - Both hot and cold vegetables are offered
    - Self-serve spices and seasonings are available for students to add flavor to vegetables
  - Highlight the Salad
    - Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice
  - Lunchroom Atmosphere
    - The lunchroom is branded and decorated in a way that reflects the student body
  - Student Involvement
    - Student artwork is displayed in the service area or dining space



# Nutrition Guidelines for all Foods

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- Standards and nutrition guidelines for all foods and beverages available
- Water
- Smart Snacks
- Fundraising
  - Food and non-food fundraisers
  - Except fundraisers- no more than 5 per building
  - During and outside the school day
  - Smart Snacks compliant



# Physical Activity

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- Suggest using Centers of Disease Control and Prevention (CDC) recommendation of 60 minutes of physical activity each day
- Not using physical activity as a punishment
- Recess
- Ideas:
  - Color Run
  - Active Academics
  - Before and After School Activities
  - Active Transport



# Other School-Based Activities

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- Activity Ideas:
  - Healthier US School Challenge
  - Offer staff wellness training to inspire them to serve as role models
  - Sponsor health fairs
  - Dental
  - Vision
  - Physical Fitness Activities



# Healthier US School Challenge

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- Establish Committee
- Criteria Areas
  - School meals-participation and foods
  - Physical Education
  - Physical Activity
  - Nutrition Education
  - Competitive foods
  - School environment-LWP
  - Criteria of Excellence



# Implementation and Support

Step 4: Adopt the Policy

Step 5: Implement the Policy



# Step 4: Adopt the Policy

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- School Board approved after the policy is established by the wellness committee
  - Includes provisions to the policy





# Step 5: Implement the Policy

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- Ensure that all buildings in the jurisdiction of the LEA is implementing the LWP accurately
- Keep documentation:
  - Copy of the current wellness policy
  - Updates
  - Public notification
  - Most recent assessment of implementation of the policy
  - Documentation of efforts to review and update the policy



# Implementation and Support

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- 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
    - USDA Model Policy
      - <https://www.fns.usda.gov/tn/implementation-tools-and-resources>
    - MSBA model



# Review and Transparency Provisions

Step 6: Measure and Evaluate

Step 7: Communicate the Results



# Step 6 & 7

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- Updates/modifications should be made to the policy as appropriate
  - Made available to the public, at minimum, on an annual basis
- Must assess compliance every 3 years (triennial) at minimum
  - This will determine if the LWP is:
    - Compliance with the wellness policy
    - How the wellness policy compares to model wellness policies,
    - Progress made in attaining the goals of the wellness policy
  - Made available to the public once completed



# Annual Progress Reports

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- Required to notify the public of the LWP and any updates made to the policy annually
- FNS encourages LEAs to include the summary of each school's events or activities related to the LWP
- Examples:
  - Summary report to parents
  - Presentation at stakeholder meetings, PTA, etc.
  - News release to local media



# Triennial Assessment

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- LWP must be updated and in compliance with the final rule by June 30, 2017
- Conduct an assessment of the LWP, at a minimum, every 3 years (\*New)
  - First triennial assessment must be completed by June 30, 2020
  - The results of the assessment must be made available to the public
  - Ensure that a triennial assessment of all the schools under the LEAs jurisdiction has been conducted
- Assessment should determine:
  - Compliance with the LWP
  - The extent to which the LWP aligns to model LWPs
  - Description of progress made in attaining the goals of the LWP



# Sample Assessment Template

- Wellness Policy Implementation Evaluation:

<https://dese.mo.gov/financial-admin-services/food-nutrition-services/wellness>

- Fuel Up to Play 60 School Wellness Investigation



## MODULE 1: Nutrition Services

**Instructions:** Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. Work with adults in your school to collect the information you need to answer the questions (for example, the school nutrition manager, physical education teacher, school nurse, or school wellness coordinator, etc.).

**IMPORTANT:** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
1.1	Does your school offer breakfast? <i>If no, skip to question 1.4.</i>	Yes			No
1.1a	What is the AVERAGE NUMBER of students who participated daily in BREAKFAST for the most recent full school year? <i>Note: This question is not part of scoring rubric.</i>	_____ Enter the number (NOT a percent) of students who participate in your school breakfast program DAILY, on average. The number should not exceed your total school enrollment.			



# Administrative Review

<b>Module: Local School Wellness Policy</b>	
1000.	Provide a copy or appropriate web address of the current Local School Wellness Policy. Are the minimum required elements written into the Local School Wellness Policy?
Comments:	
1001.	How does the public know about the Local School Wellness Policy? Provide documentation to support the response (or appropriate web address(es)).
Comments:	
1002.	When and how does the review and update of the Local School Wellness Policy occur? Provide documentation to support the response (or appropriate web address(es)).
Comments:	
1003.	a. Who is involved in reviewing and updating the Local School Wellness Policy? b. What is their relationship with the SFA?
Comments: a. b.	
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 web address(es)).
Comments:	





# Administrative Review

1005.	Obtain 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 web address(es)).
Comments:	



# Administrative Review

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- State Agency will review documentation demonstrating:
  - Compliance with community involvement requirements
    - Such as a copy of the solicitation on the LEA/school website or school newsletter and a list of the stakeholder involved
  - LWP content, annual update, and triennial assessments were made available to the public
  - How the policy compared to model policies
  - The triennial assessment of LWP was conducted for each school under its jurisdiction



# Key Information for LWP

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- DESE website:  
<https://dese.mo.gov/financial-admin-services/food-nutrition-services/wellness>
- USDA Wellness Policy Website:  
<http://www.fns.usda.gov/tn/local-school-wellness-policy>
- CDC Web site:  
[www.cdc.gov/healthyyouth/npao/wellness.htm](http://www.cdc.gov/healthyyouth/npao/wellness.htm)
- District Wellness Program Resources  
<https://dese.mo.gov/sites/default/files/LWPResources.pdf>



# Wellness Link on the DESE website

## 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 - Serving with Success Module](#)
- [Local Wellness Policy - Final Rule](#) 
- [Local School Wellness Policy: Guidance and Q&As - SP-24-2017](#) 
- [Local Wellness Policy Report Card](#) 
- [Team Nutrition-Local Wellness Policy Requirement](#)
- [USDA Local School Wellness Policy Outreach Toolkit](#) \*New
- [Healthy Schools-Children's Mercy, Kansas City](#)

### Wellness Policies

- [Missouri School Boards' Association](#)
  - [Local Wellness Policy](#) 
  - [Local Wellness Policy Procedures](#) 
  - [Local Wellness Policy Resources](#) 
  - [Implementation Evaluation](#) 
  - [Indicator Grids](#) 
- [Missouri Consultants for Education](#)
  - [Local Wellness Policy](#)
  - [Local Wellness Policy Procedures](#)
- [Model Wellness Policy from the Alliance for a Healthier Generation](#) 

## Financial & Admin. Services

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- [ESEA/NCLB Finance](#)
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  - [Food Safety/HACCP](#)
  - [Food Service Management](#)
  - [Guidance & Resources](#)
  - [Handbooks](#)
  - [HealthierUS School Challenge](#)
  - [Smart Snacks in Schools](#)
  - [Statistics](#)
  - [USDA Foods](#)
  - [USDA Memos](#)
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# Contact Us

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