



Maternal and Child Health Bureau

**Seminars on Adolescent Health:
Nutrition and Physical Activity, Part II
August 27, 2003**

Health Resources and Services Administration
Maternal and Child Health Bureau

**Moderator: Trina Menden Anglin, M.D., Ph.D.,
Chief, Office of Adolescent Health**



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



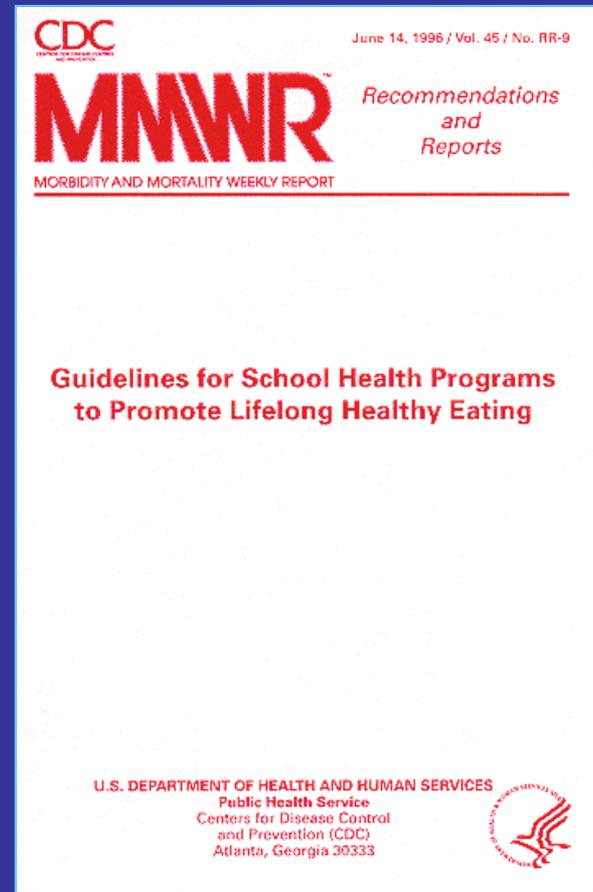
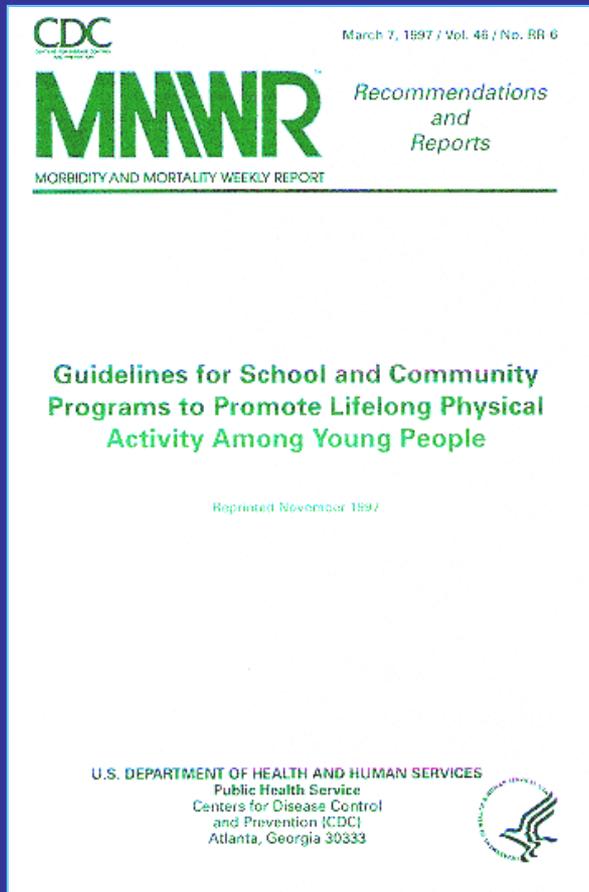
Tools for Schools to Promote Physical Activity and Healthy Eating

Howell Wechsler, Ed.D, MPH

Division of Adolescent and School Health

August 2003

Guidelines for School Health Programs



www.cdc.gov/nccdphp/dash/publications/schoolguidelines.htm

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Ten Priority Actions for Schools to Take to Promote Physical Activity and Healthy Eating

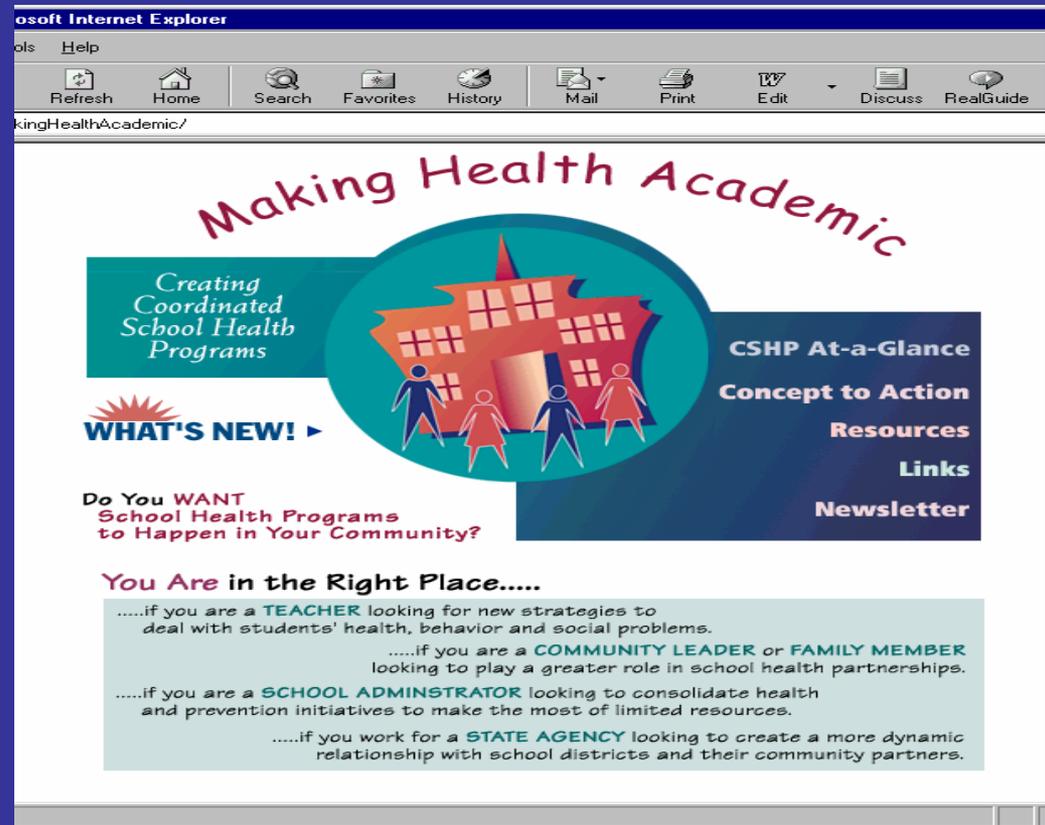
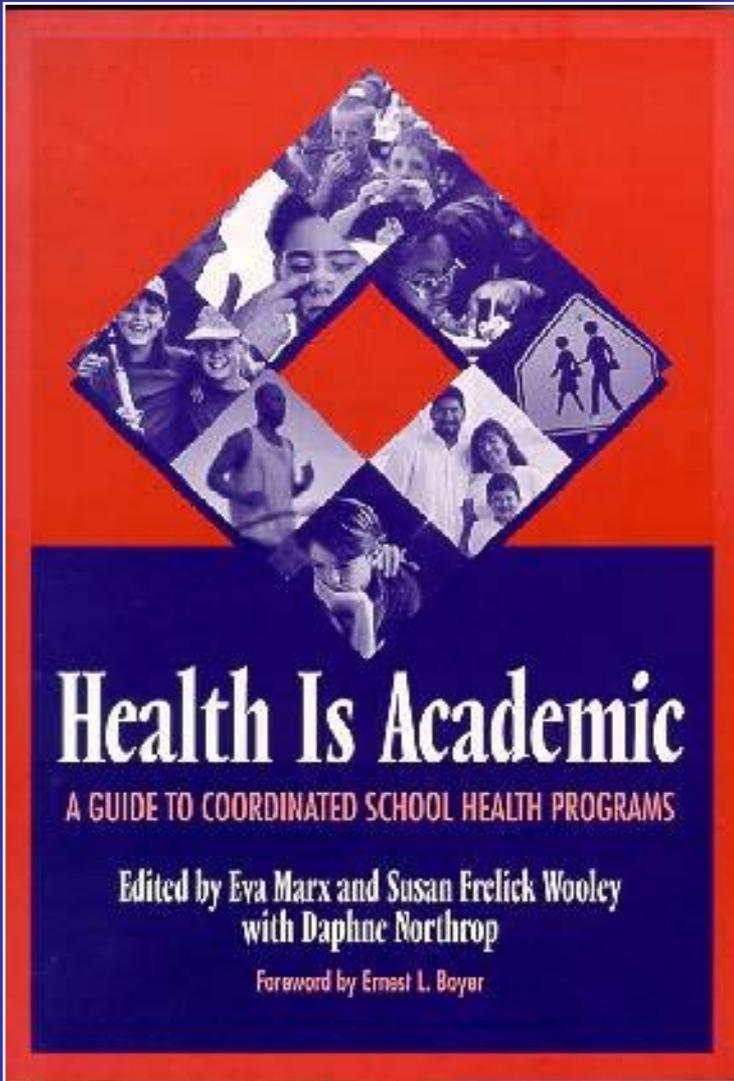
- Integrate with CSHP
- Self-assessment and planning process
- Policy review
- School Health Council
- Health education curriculum
- Staff wellness programs
- Quality physical education
- Additional opportunities for physical activity
- Quality school meals
- Healthy school nutrition environment

www.cdc.gov/nccdphp/dash/publications/pdf/ten_strategies.pdf

Integrate with Coordinated School Health Program



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www2.edc.org/MakingHealthAcademic

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Address http://www.etr.org/pub/php/result.php3?q_type=any&q_category=30 Go Links >>

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How to Order →

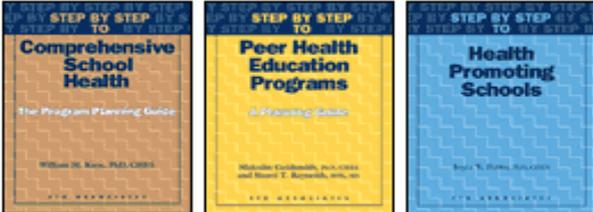
- 1 Type in the quantity of the product you're ordering.
- 2 Click on **Add to Shopping Cart**.
- 3 When you're finished shopping click on **Place an Order**.

Check Shopping Cart Place an Order

Coordinated School Health

Titles 1 - 6 of 19

Book



Step by Step SET (5 Books)

- Features all 5 Step by Step guides
- Contains practical help to build your program

www.etr.org/pub/php/result.php3?q_type=any&q_category=30

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School Health Marketing Products

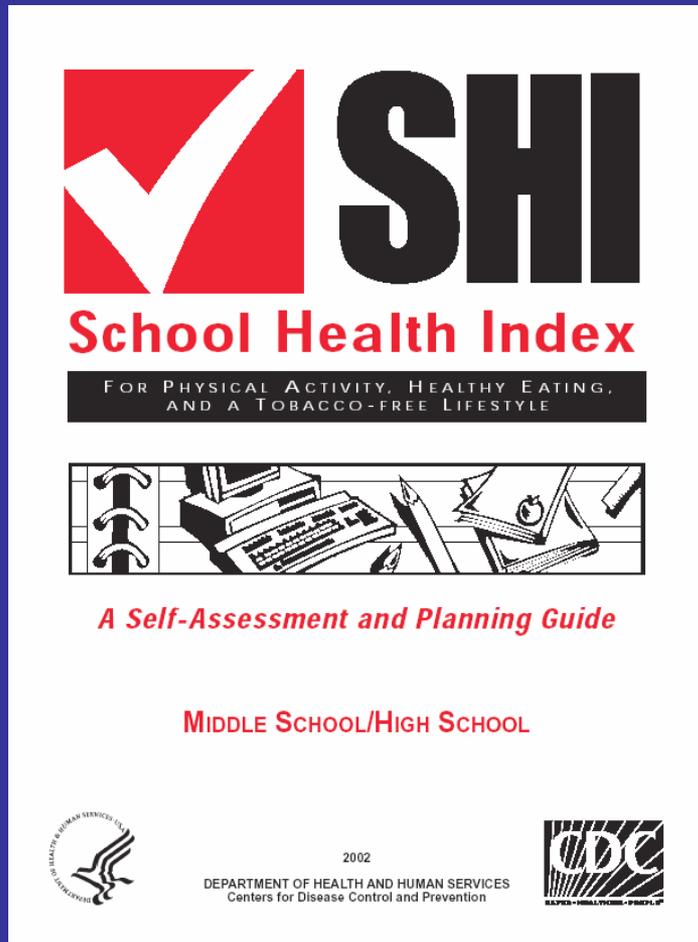
- Making the Connections: Health and Student Achievement slide show (ASTHO & SSDHPER)

www.thesociety.org/pdf/connections.pdf

- Why Support a Coordinated Approach to School Health packet (CCSSO & ASTHO)

www.ccsso.org/publications/details.cfm?PublicationID=59

Self-Assessment and Planning Process



The School Health Index helps schools:

- Identify the strengths and weaknesses of their health promotion policies and programs
- Develop an action plan for improving student health
- Involve teachers, parents, students, and the community in improving school programs, policies, and services

www.cdc.gov/nccdphp/dash/SHI/

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Louisiana School Health Index - Homepage - Microsoft Internet Explorer

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Address <http://www.doe.state.la.us/doe/dna/lashi/homepage.asp> Go Links

Louisiana School HEALTH Index Home - Purpose & Information - Participate Online - Participate on Paper

Louisiana School HEALTH Index

-  Purpose & Information
-  Participate Online
-  Participate on Paper



The Picture of Health

Healthy Eating and Physical Activity Habits

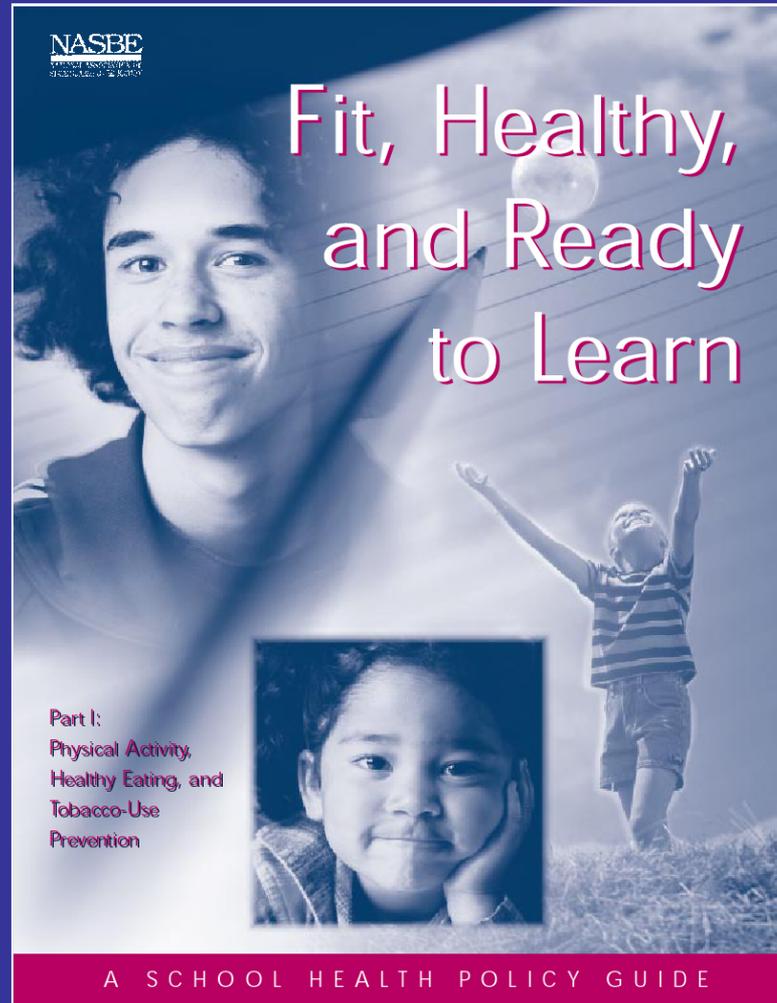
Return to the [Louisiana Department of Education](#) Return to the [Louisiana Team Nutrition Page](#)

<http://www.doe.state.la.us/doe/dna/lashi/onpaperhome.asp> Internet

www.doe.state.la.us/doe/dna/lashi/homepage.asp

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Policy Review



www.nasbe.org/healthyschools/fithealthy.mgi

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health policy coach



KEYWORD SEARCH



[about Health Policy Coach](#) [what is policy?](#) [what creates health?](#) [site map](#)

At home, work, school or play, policies determine the nature of our surroundings and our actions within them. For this reason, policy is a meaningful way to protect and improve health. Developed in conjunction with national experts, **Health Policy Coach** equips you with the tools, strategies and information necessary to create policy change in your community.



prevention-focused policies

HEALTHCARE | EDUCATION | SAFETY | WORK | ENVIRONMENT



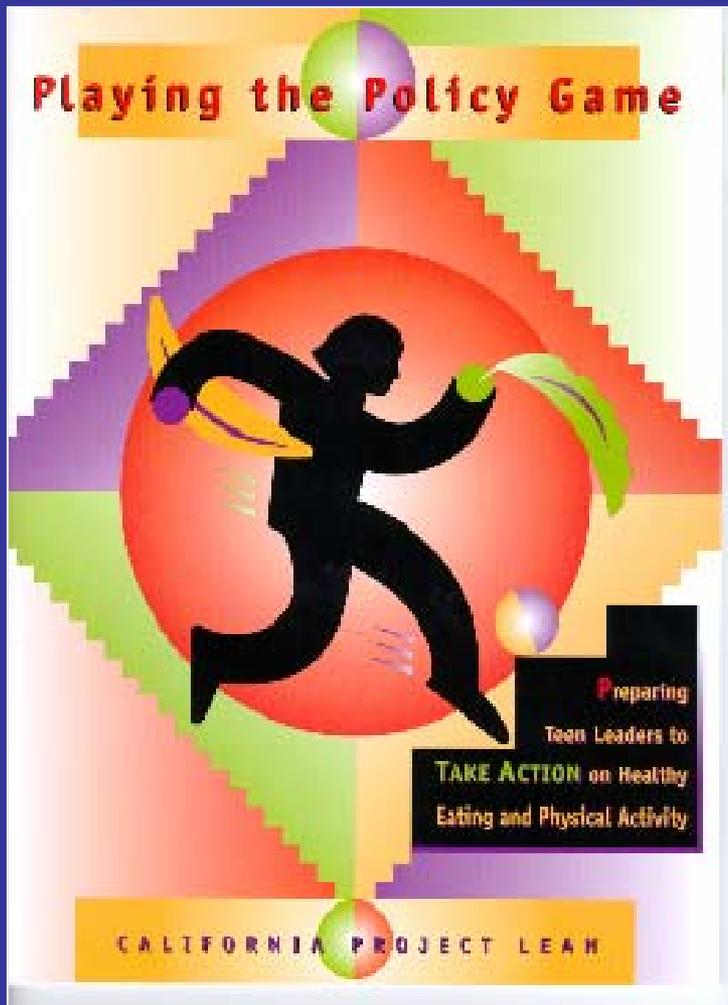
bringing policy change to your community



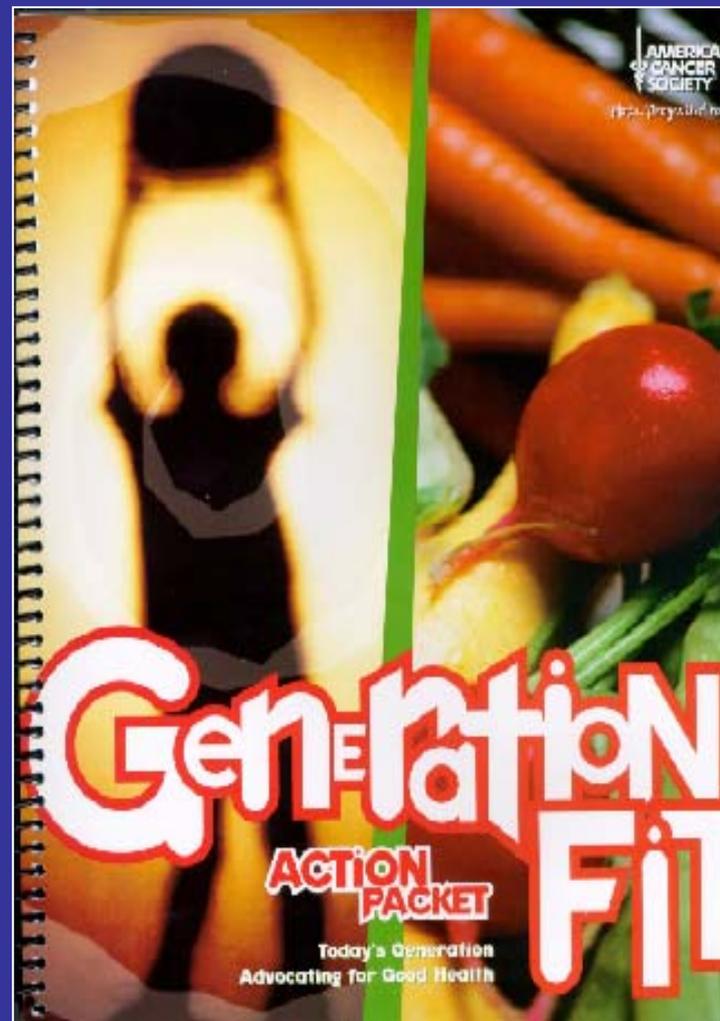
Center for

www.healthpolicycoach.org/

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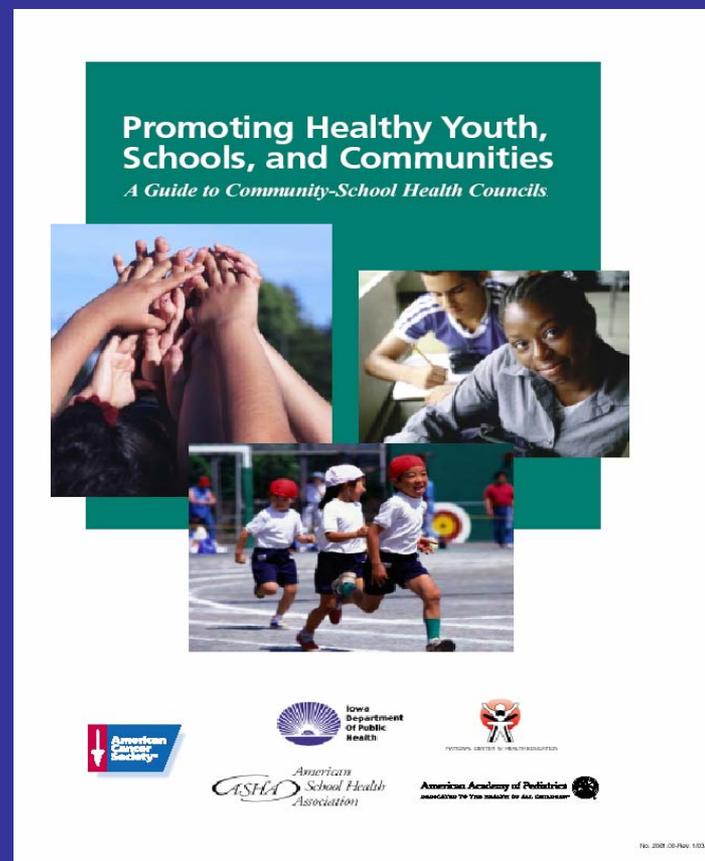
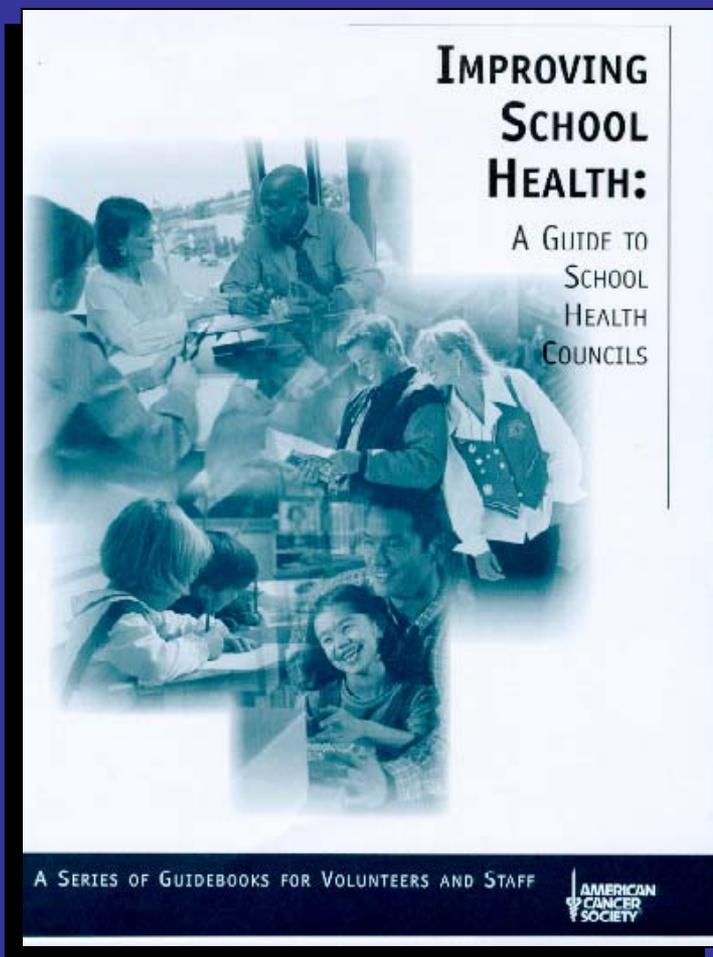
www.californiaprojectlean.org/consumer/lesson.html



www.cancer.org/docroot/PED/content/PED_1_5X_Generation_Fit.asp

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School Health Council

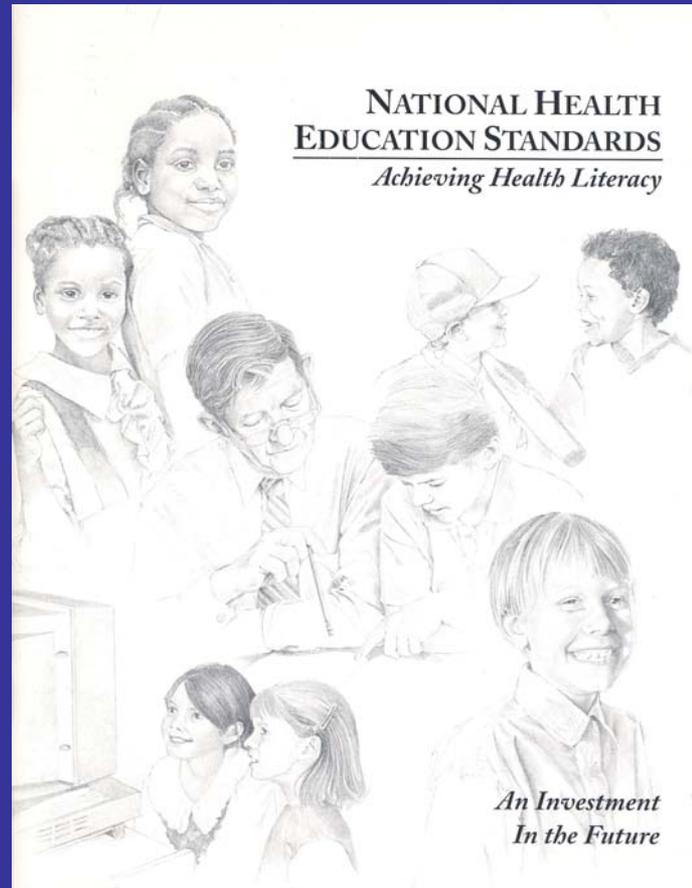


www.schoolhealth.info

208.142.197.5/Hkn/pdfs/PDF-Part%201.pdf

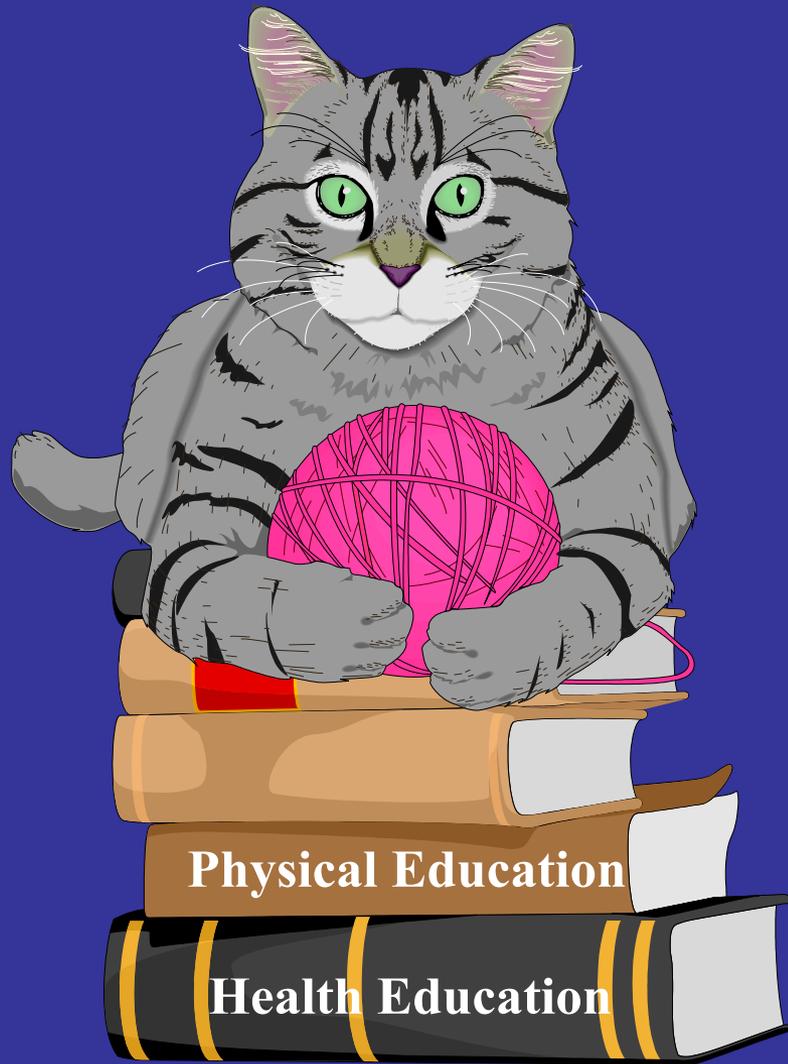
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Health Education Curriculum



Order from: www.ashaweb.org/cgi-bin/Web_store/web_store.cgi
Summary online at: www.aahperd.org/aahe/pdf_files/standards.pdf

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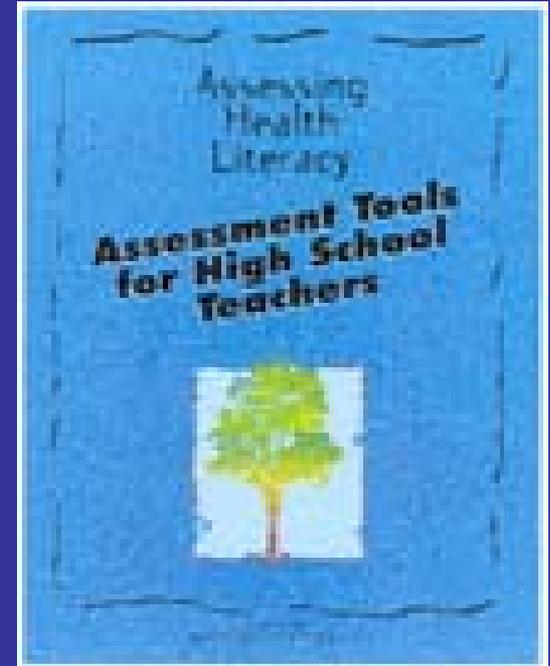
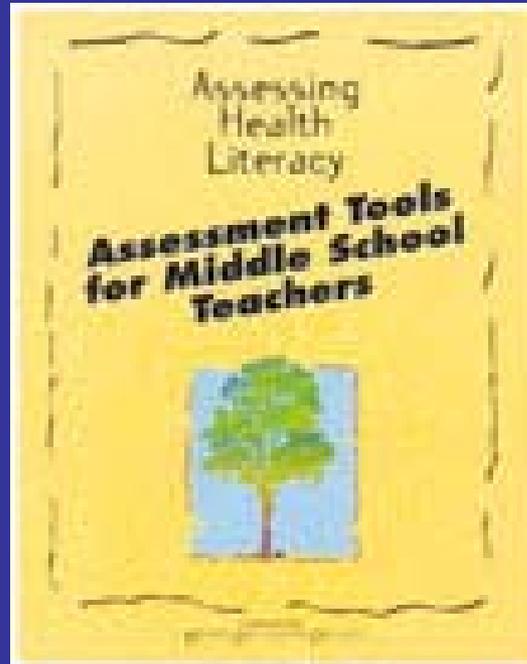
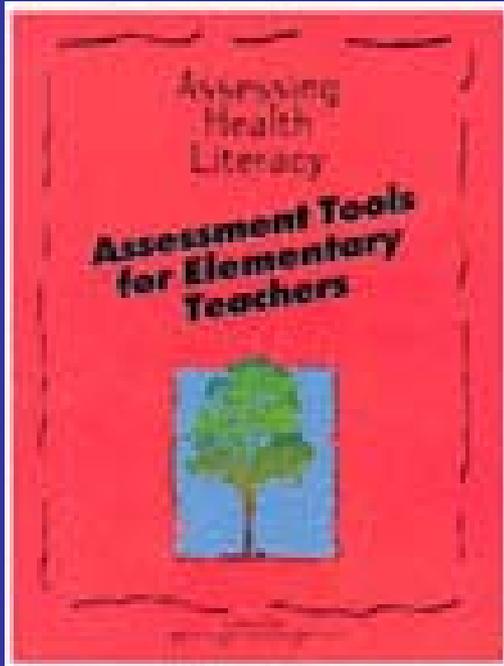


Curriculum Analysis Tools

To be published by CDC in 2004

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State Collaborative on Assessment and Student Standards: Health Education Assessment Project



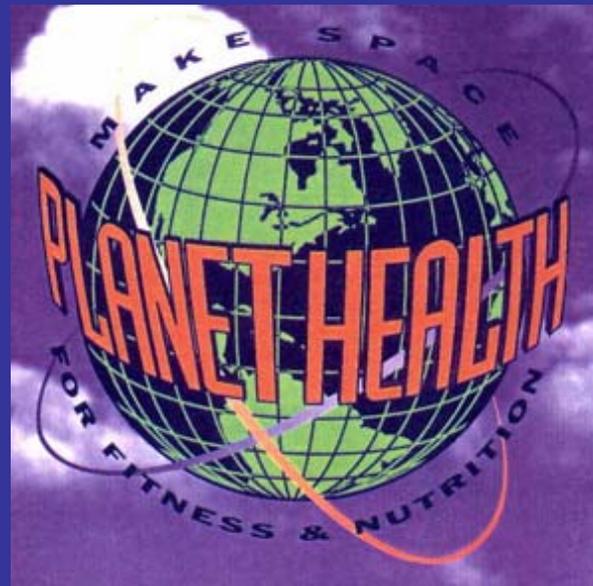
www.ccsso.org/publications

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NIH-Funded, Evaluated Curricula



www.sph.uth.tmc.edu/catch



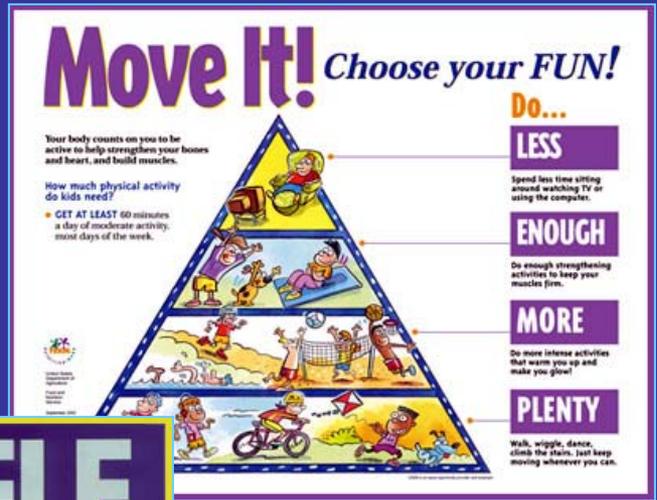
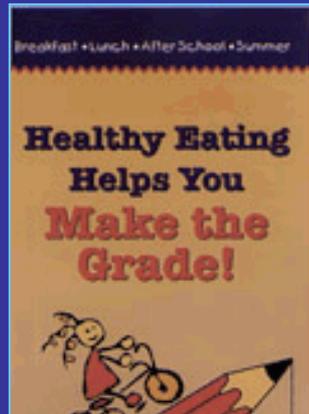
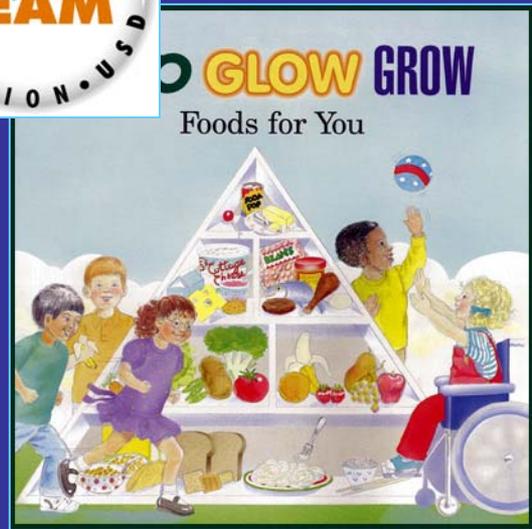
www.hsph.harvard.edu/prc/resources.html



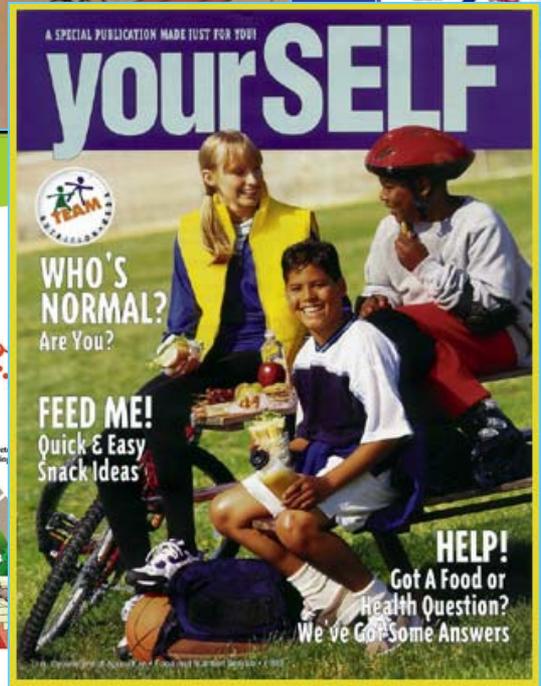
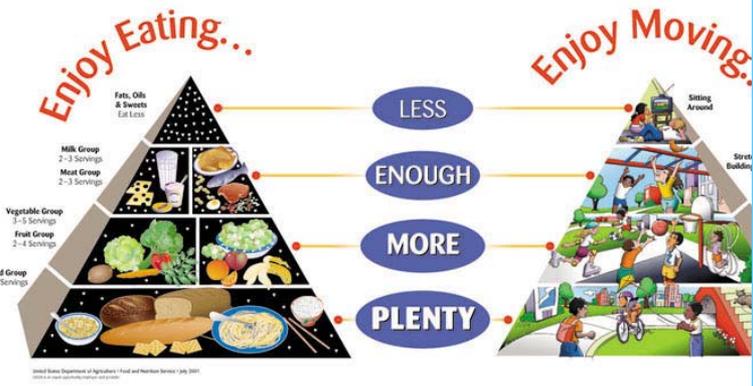
www.5aday.gov/resource_guide.shtml



Team Nutrition Resources

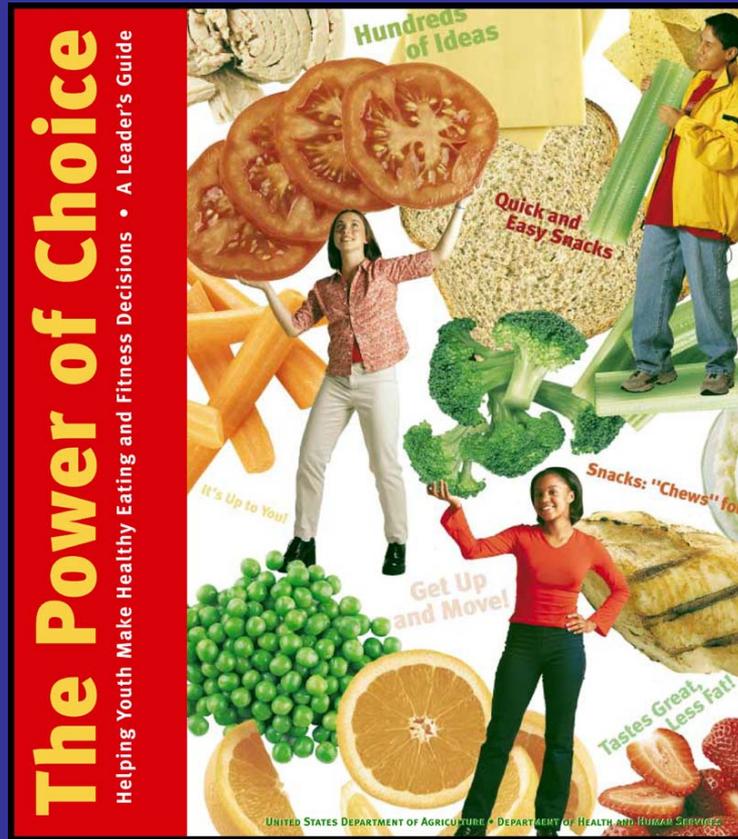


It's Up To You!



www.fns.usda.gov/tn/Resources/index.htm

The Power of Choice—USDA/FDA



www.fns.usda.gov/tn/Resources/power_of_choice.html

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DRAFT



MEDIA-SMART YOUTH: **Food, Fitness, and Fun!**



A Workshop Curriculum For Youth Ages 11-13

 U.S. Department of Health and Human Services
National Institutes of Health
National Institute of Child Health and Human Development



- Designed for youth ages 11-13 in an after-school setting
- Facilitator's guide includes 12 sessions on nutrition, physical activity, and media skills

To be published by NICHHD in 2004

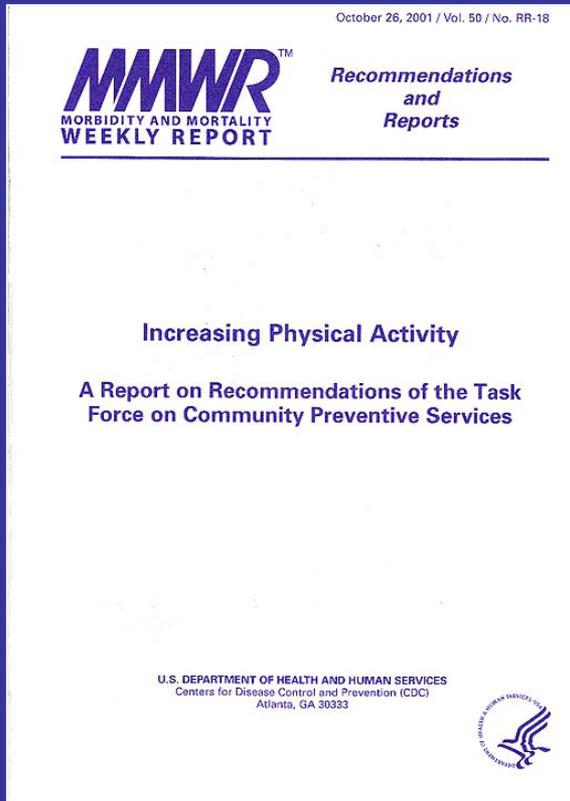
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Staff Wellness Programs*

*Resources coming from the Association of State and Territorial Directors of Health Promotion and Public Health Education

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Quality Physical Education



Recommended Interventions

- Informational
 - Community-wide education
 - Point of decision prompts
- Behavioral and social
 - **School-based PE**
 - Non-family social support
 - Individually adapted behavior change
- Environmental and policy
 - Enhanced access with outreach

[www.thecommunityguide.org/
pa/pa-MMWR-recs.pdf](http://www.thecommunityguide.org/pa/pa-MMWR-recs.pdf)

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Moving Into The Future **National Standards for Physical Education**

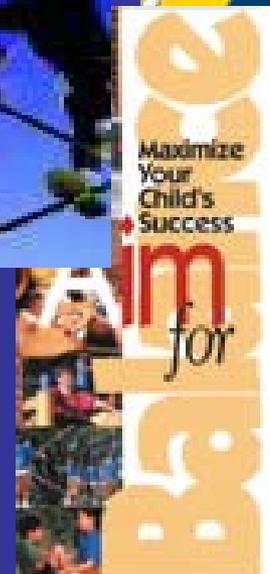
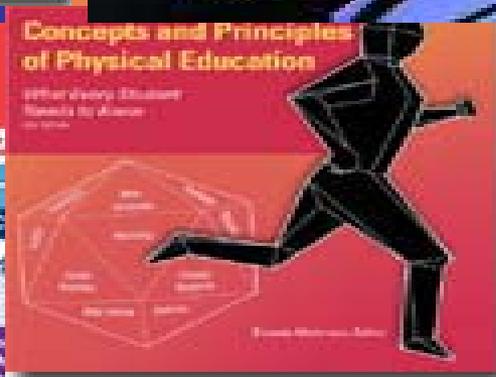
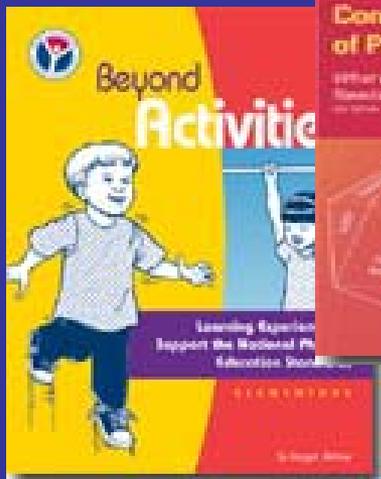
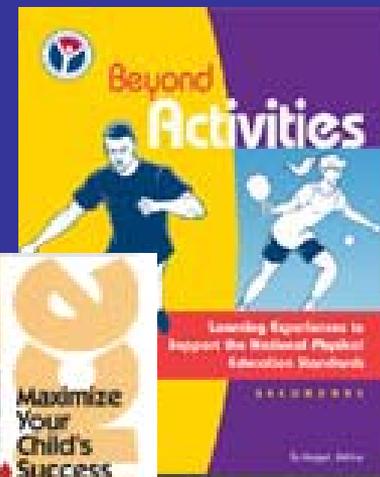
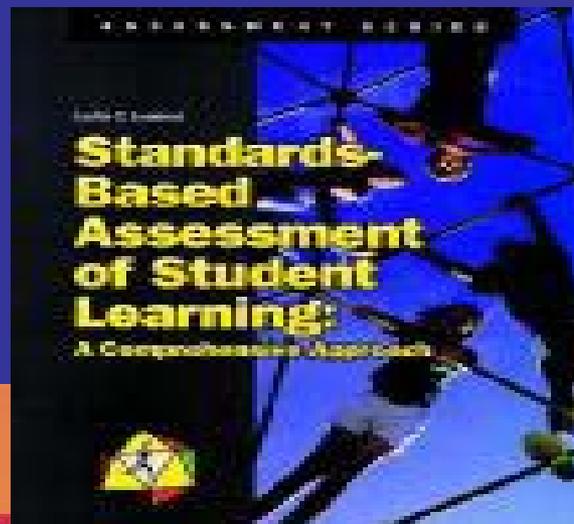
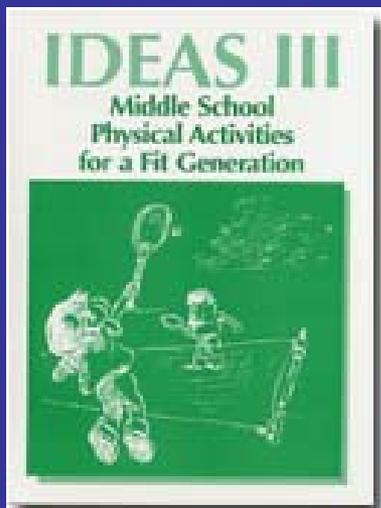
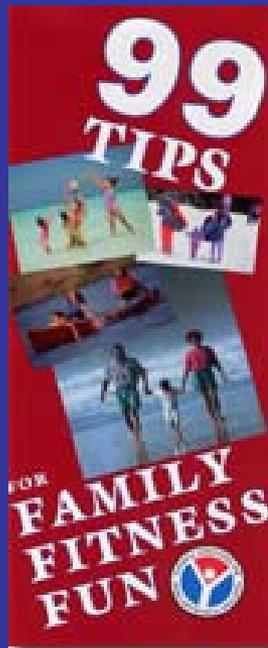
A Guide to Content and Assessment



www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html

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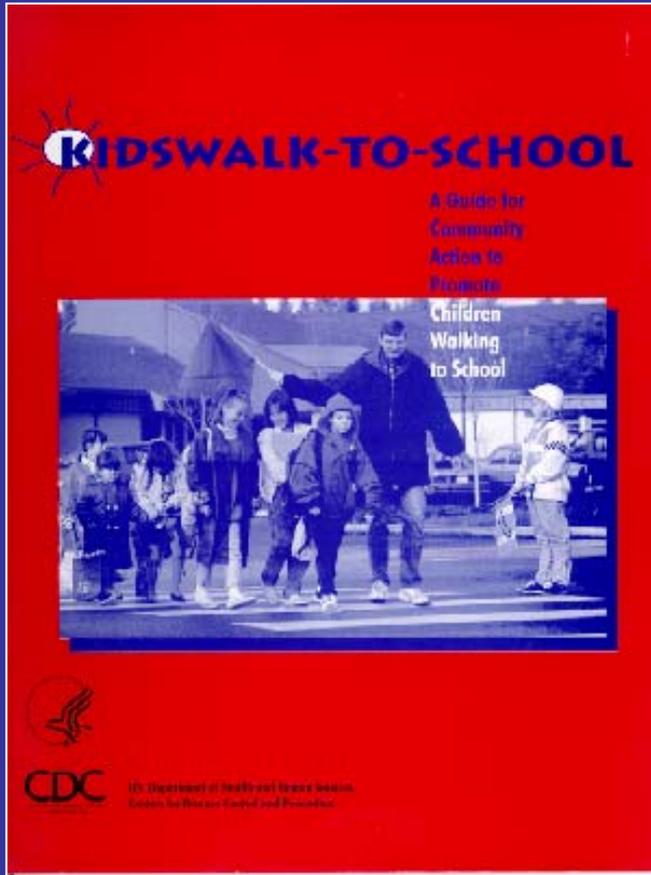
National Association for Sport and Physical Education



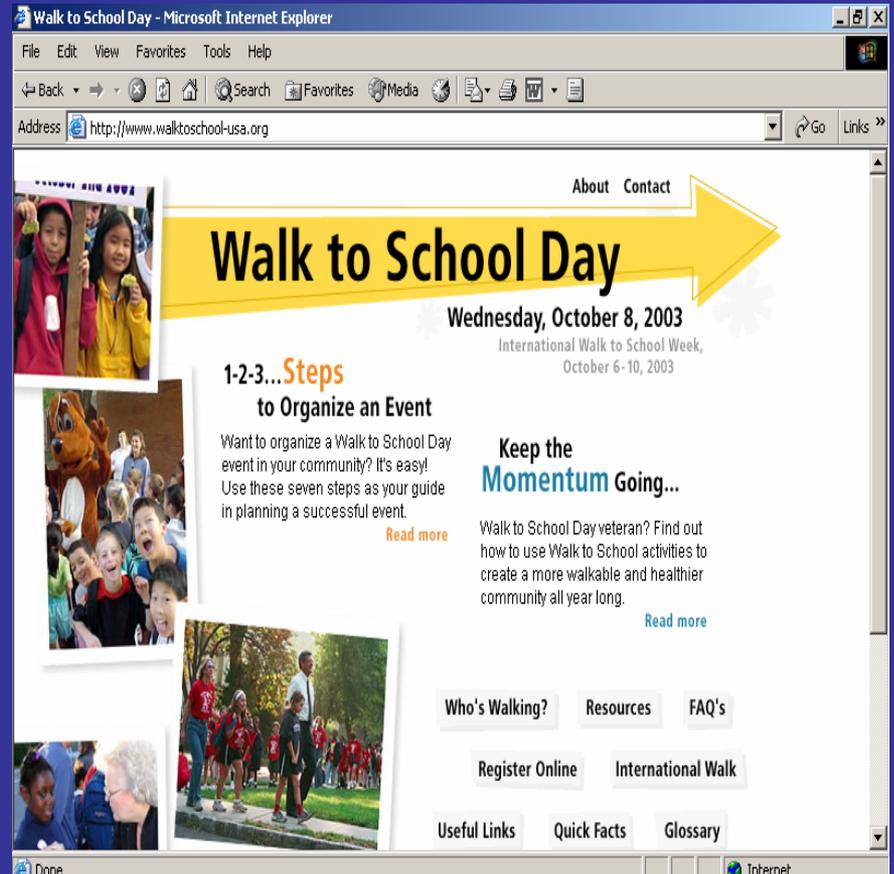
www.aahperd.org/naspe

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Additional Opportunities for Physical Activity



www.cdc.gov/nccdphp/dnpa/kidswalk



www.walktoschool-usa.org/

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Physical Activity Breaks for Elementary School Students

- The Case for Elementary School Recess
www.ipausa.org/recesshandbook.htm
- Elementary school recess games & activities
www.ipausa.org/elemrecessbook.htm
- Take 10 classroom physical activity breaks
www.take10.net
- Brain Breaks: A Physical Activity Idea Book
www.emc.cmich.edu/BrainBreaks

After School Physical Activity and Intramural Sports Programs

- NASPE Guidelines
www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf
- SPARK PE program materials and professional development
www.sparkpe.org/programActiveRecreation.jsp?curricula=ActiveRecreation&program=ActiveRecreation

The President's Challenge Physical Activity and Fitness Awards Program

- Awards for individuals:
 - Physical Fitness
 - Health Fitness
 - Active Lifestyle
- Awards for schools:
 - Physical Fitness State Champion
 - Active Lifestyle Model School
 - Physical Activity and Fitness Demonstration Centers



<http://fitness.gov/challenge/challenge.html>

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School Involvement (Highlights)

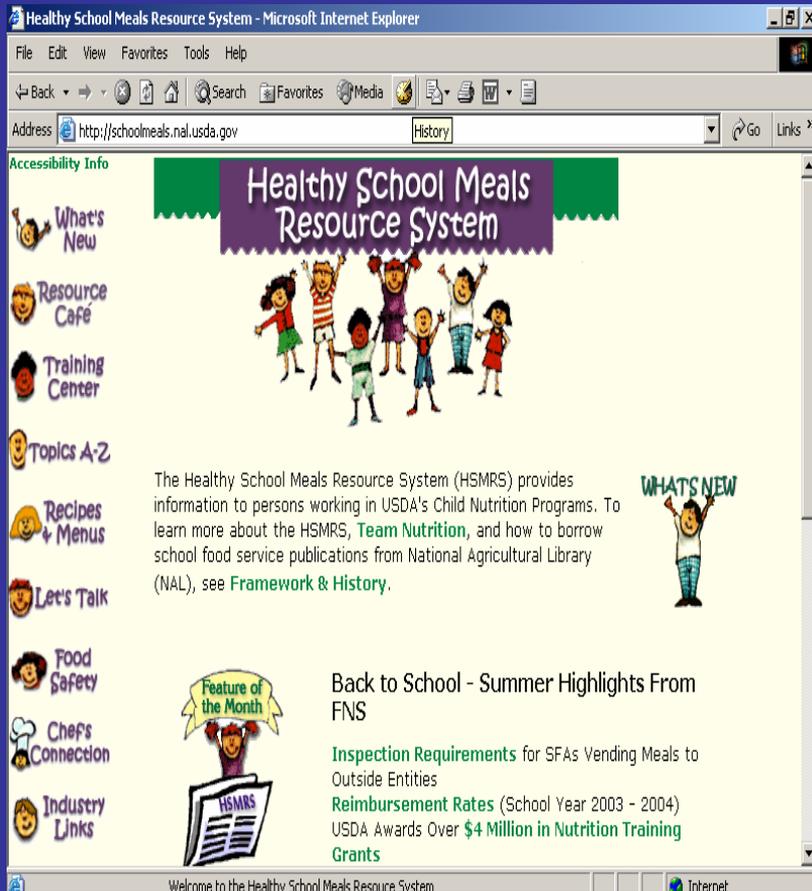
- Over 2 million tweens in event attendance
 - Nickelodeon/VERB's Wild & Crazy Kids Show & pre-show Activity Zone participation
 - VERB's LA Action Day participation
 - Numerous other community events
- VERB Bookcovers
- In-school Marketing (e.g., VERB Surprise)
- Most VERBable Player Award Grant Program
- SI for Kids VERB advertorials (teachers)
- VERB Weekly Reader (teachers)



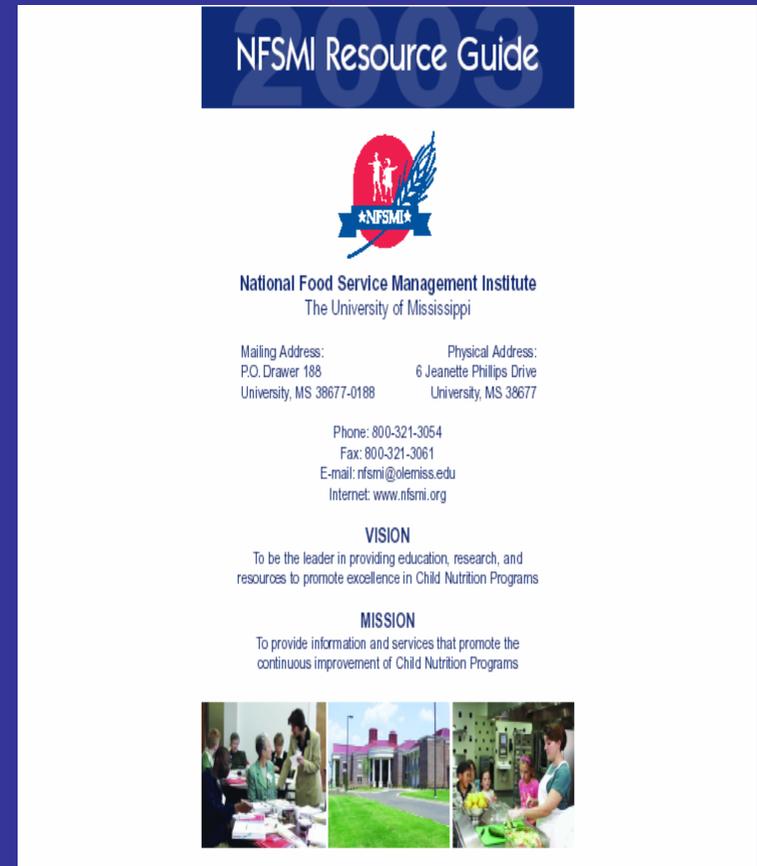
www.verbnow.com

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Quality School Meals



The screenshot shows a web browser window titled "Healthy School Meals Resource System - Microsoft Internet Explorer". The address bar displays "http://schoolmeals.nal.usda.gov". The main content area features a banner for the "Healthy School Meals Resource System" with a group of diverse children. Below the banner, there is a "WHAT'S NEW" section with a cartoon character and text: "The Healthy School Meals Resource System (HSMRS) provides information to persons working in USDA's Child Nutrition Programs. To learn more about the HSMRS, **Team Nutrition**, and how to borrow school food service publications from National Agricultural Library (NAL), see **Framework & History**." To the right of this text is a "WHAT'S NEW" icon. Below this is a "Feature of the Month" section with a cartoon character holding a sign that says "HSMRS" and the text: "Back to School - Summer Highlights From FNS", "Inspection Requirements for SFAs Vending Meals to Outside Entities", "Reimbursement Rates (School Year 2003 - 2004)", and "USDA Awards Over \$4 Million in Nutrition Training Grants". A left sidebar contains navigation links: "What's New", "Resource Cafe", "Training Center", "Topics A-Z", "Recipes & Menus", "Let's Talk", "Food Safety", "Chefs Connection", and "Industry Links".



The document cover for the "NFSMI Resource Guide" features the NFSMI logo at the top, which includes a stylized figure holding a leaf. Below the logo, the text reads: "National Food Service Management Institute, The University of Mississippi". Contact information is provided for both mailing and physical addresses in University, MS. A "VISION" statement follows, stating the goal is to be the leader in providing education, research, and resources to promote excellence in Child Nutrition Programs. Below that is the "MISSION" statement, which is to provide information and services that promote the continuous improvement of Child Nutrition Programs. At the bottom, there are three small photographs: one showing a group of people at a table, one showing a school building, and one showing a person preparing food.

<http://schoolmeals.nal.usda.gov>

www.nfsmi.org/Information/resourceguide.pdf

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Your Child Nutrition eSource: Child Nutrition - Microsoft Internet Explorer

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Address <http://www.asfsa.org/childnutrition/keys/>



your child nutrition eSource

AMERICAN SCHOOL FOOD SERVICE ASSOCIATION

Child Nutrition U Wellness System Legislative Action Keys to Excellence

ASFSA.org Members Only Online Communities Employment CN Marketplace

[Child Nutrition](#) > [Keys to Excellence](#)

Keys to Excellence

[Home](#) [About Keys](#) [Guided Tour](#) [Keys Express](#) [Keys Classic](#) [Resources](#) [Building Support](#)

Excellence in school foodservice takes TLC: time, learning and commitment. And often, your resources are spent teaching others about your program and building support for the work you do. Use *Keys to Excellence in School Food and Nutrition Programs*, a self-assessment for child nutrition programs, to

- Benchmark your school nutrition program's quality
- Demonstrate your district's commitment to excellence
- Win respect from your peers, employees and the school community

In response to feedback from child nutrition professionals, *Keys to Excellence* is now a streamlined, state-of-the-art online tool: *Keys Express*. *Keys Express* is designed to help you take a detailed look at your program, discover its strong points and find

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CN Direct E-Newsletter Sign-Up

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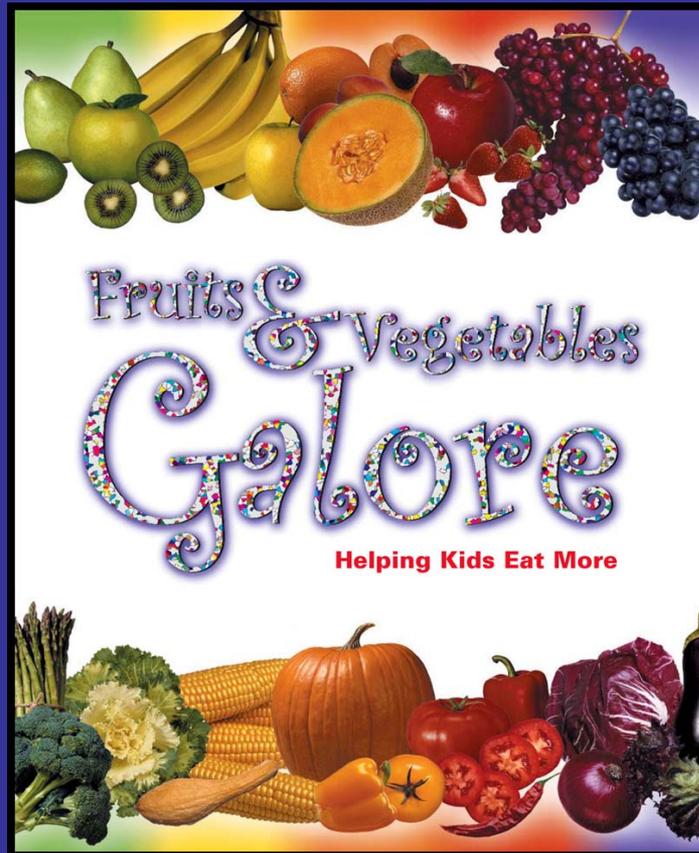
E-Mail:

(16 items remaining) Opening page [http://www.asfsa.org/childnutrition/keys/...](http://www.asfsa.org/childnutrition/keys/) Internet

www.asfsa.org/childnutrition/keys

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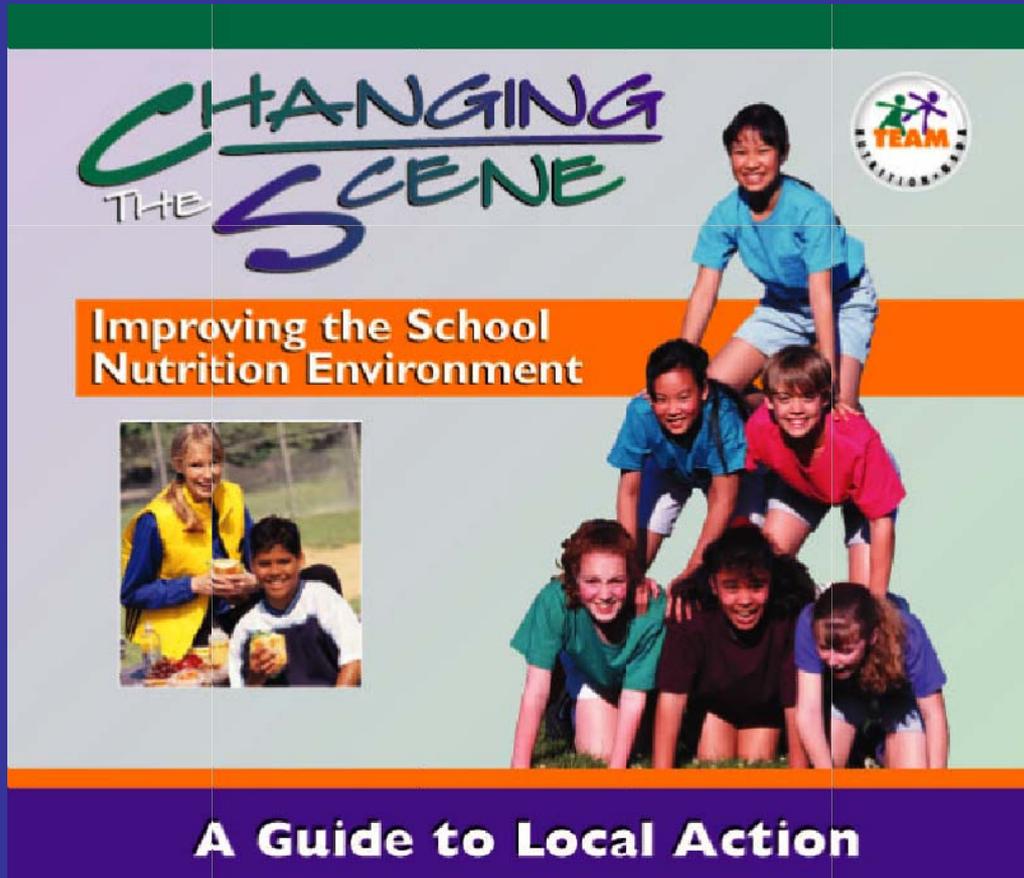
Fruits and Vegetables Galore: Helping Kids Eat More - USDA/NCI



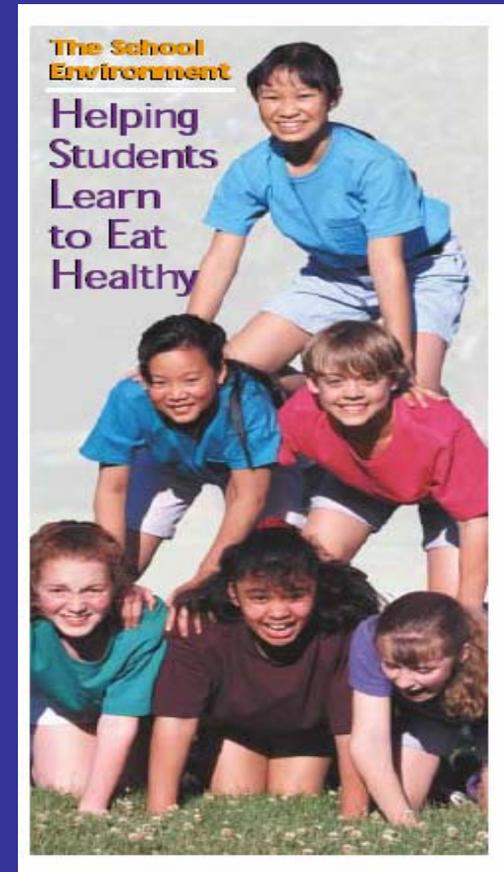
To be published by USDA / NCI in late 2003 or early 2004

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Healthy School Nutrition Environment



[www.fns.usda.gov/tn/resources/
changing.html](http://www.fns.usda.gov/tn/resources/changing.html)



[www.fns.usda.gov/tn/Resou
rces/helpingstudents.html](http://www.fns.usda.gov/tn/Resources/helpingstudents.html)

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CDC/USDA Healthy School Nutrition Environment Implementation Materials

Six Strategies

- Develop school nutrition policies
- Address food and beverage contract issues
- Incorporate more healthful food and beverage choices
- Market healthful choices to students and communities
- Limit student access to high sugar/high fat items
- Change the mix of fundraising items



CDC's Adolescent and School Health Program - Microsoft Internet Explorer

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Address <http://www.cdc.gov/nccdphp/dash/index.htm> Go Links

CDC
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CDC Home Search Health Topics A-Z

National Center for Chronic Disease Prevention and Health Promotion
Adolescent & School Health
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Adolescent and School Health Home

- [About the Program](#)
- [Data & Statistics](#)
- [Funding Resources](#)
- [Health Topics](#)
- [Project Partners](#)
- [Publications](#)
- [State-by-State](#)

- [Customer Survey](#)
- [Contact Us](#)

Spotlight

[SARS](#)
Guidance from CDC for managing exposure to SARS.

[Special Topic: Terrorism](#)
Links to resources on biological, chemical, and radiological terrorism.

[School Health Index](#)
New versions address physical activity, nutrition, and a tobacco-free lifestyle.

[EXCITE](#)
Tools for learning about epidemiology and public health.

[Physical Activity](#)
New brochures designed to get kids moving!
Plus new Summary Report on projects to increase physical activity among youth.



17% of high school students carried a weapon in the past month.

Applet jFadeTest started Local intranet

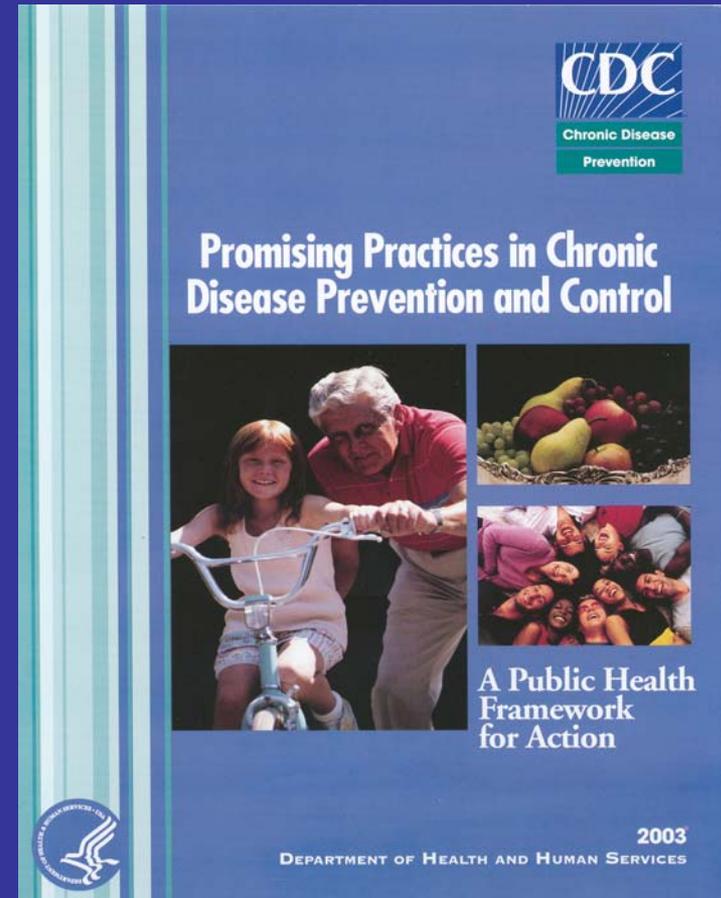
www.cdc.gov/healthyyouth

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CDC's Promising Practices in Chronic Disease Prevention and Control for State Agencies

Building a Healthier Future Through School Health Programs

- Priority Actions
 - Monitoring
 - Infrastructure
 - Partnerships
 - Policies
 - Technical assistance
 - Health communication
 - Professional development
 - Evaluation



www.cdc.gov/nccdphp/promising_practices

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Healthy Youth Funding Database - Microsoft Internet Explorer

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Address <http://apps.nccd.cdc.gov/shpfp/> Go Links >>

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- [Projects and Partners](#)
- [Publications](#)
- [Funding Resources](#)

- [Customer Survey](#)
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Healthy Youth Funding Database (HY-FUND)

Entire Database School Health Only

Search for:

Location:

Include only current opportunities? Yes No

School Health Component:

Please note: This database does not contain a complete inventory of funding sources. Information will be added on an ongoing basis. *

Done Local intranet

<http://apps.nccd.cdc.gov/shpfp>

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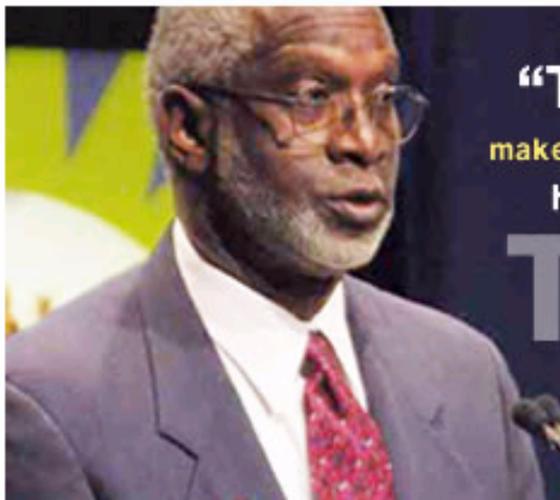


Action for Healthy Kids™

Join forces with education and health leaders to take action for children's nutrition and physical activity.

[Search](#) [State Team Member Sign-In](#)

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- [State Teams](#)
- [Tools for Action](#)
- [Events](#)
- [How You Can Take Action](#)
- [Newsroom](#)
- [About Us](#)



“Together we really can
 make a **difference** in the
 health of our nation's children.”

Together:

- David Satcher, MD, PhD
 Chairman, Action for Healthy Kids

[About Action for Healthy Kids](#)

[Our Collaborators](#)

American Academy of Family Physicians

Action for Healthy Kids is about creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment.

What's Happening



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- [State Team Member Sign-In](#)

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Where to Begin?

- Find out where you are
 - School Health Index (SHI) and review of policies
- Build the infrastructure
 - Promote coordinated school health, including school health council
- Build from strengths / take advantage of opportunities
 - Health education
 - Physical education and physical activity
 - School nutrition
 - Staff wellness



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Tools for Schools to Promote Physical Activity and Healthy Eating

Howell Wechsler, Ed.D, MPH

Division of Adolescent and School Health

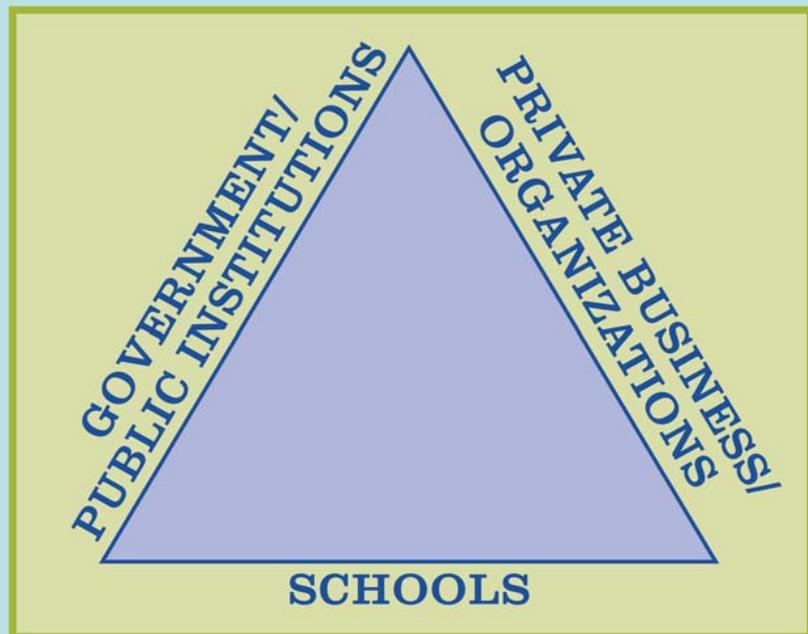
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Action for Healthy Kids: State Teams on the Move

Alicia Moag-Stahlberg, MS, RD

Executive Director, AFHK

Finding Solutions and Creating Change



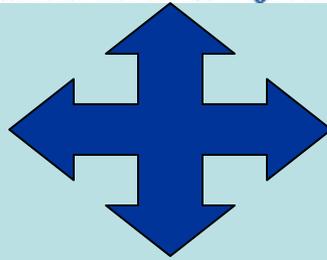
- Discussed children's health with group of leaders
 - Education, health, fitness, and nutrition
 - Private and public
- Solutions must have a focus on the school environment
- Will require collaboration and partnerships with broad sector
- Need to raise national consciousness and sustain action with an integrated national-state network

Action for Healthy Kids

Mission:

- Improve children's nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting and implementing national and state actions towards creating health-enhancing schools

AFHK: Designed for Impact



**38 National
Organizations
Form Partner
Steering Com.**

Significant Results to Date

- **Created public-private partnership**
 - Broad sector representation
 - Partners engaged in supporting State Teams
- **Built national infrastructure**
 - Formed non-profit organization
 - Developed communication and tracking systems
- **Established State Teams**
 - 51 Teams, successful member recruitment
 - 43 completed State Action Plans
 - Completed assessment of State Teams' Action Plans

Significant Results to Date

- **Produced programs and materials**
 - National Healthy Schools Summit
 - Healthy School Heroes Awards
 - Searchable web site with “What’s Working” and Resources databases
 - Materials, trainings and information to accelerate State Teams’ actions
- **Generated awareness**
 - National media and education trade coverage
 - Recognized by DHHS, USDA, DOE, GAO report

Focus on “Commitment to Change”

- Serves as framework for planning & action
- Collaboration of multi-discipline group essential for success
- Details specific actions necessary to create healthy schools that promote sound nutrition & physical activity
 - Increasing health, physical & nutrition education
 - Increasing physical activity (recess, PE, after school)
 - Ensuring health promoting foods are available throughout the school environment

Design of State Teams

- Cross-functional membership
- Focus on 2-3 goals with realizable objectives
- Change at state & local level, K-12
- Able to adapt and overcome local problems and barriers
- Able to take advantage of national infrastructure and expertise

State Team Members

- Educators
 - **Teachers/Coaches**
 - **Principals**
 - **School Food Service Professionals**
 - **School Nurses**
- School Administrators
- Health and Nutrition Professionals
- Government Leaders
- Student Leaders
- Concerned Parents
- Community Leaders
- Business Leaders

State Team Statistics

- Over 1700 State Team members nationally
- 84% of teams have submitted Action Plans
- Range in membership from 2 – 113
- Average number of members/team is 32
- Representation includes state departments of education and health,

State Team Action Plans

- 22 states: Physical education/physical activity programs and guidelines
- 20 states: Foods sold in vending, a la carte & other school venues
- 16 states: Data-gathering efforts
- 15 states: State, district or school standards (nutrition & physical education)
- 10 states: Nutritional quality of

State Team Action Plans

- 9 states: Behavior-based nutrition education
- 5 states: School facilities used for after-school/community activities
- 4 states: After-school programs w/ physical activity & nutrition components
- 4 states: Student/school health councils
- 4 states: Increasing school

AFHK Tools

- List serv
- 800# and conference call service
- Web site with searchable databases, resources, and information
- State Team web pages
- Communications support (fact sheets, presentations, stationery, signage)
- Phone symposia with experts

Early Results for Teams

- Building awareness
 - State Summits held have helped to convene key stakeholders, foster collaboration and “jumpstart” action
 - AR, IA, IL, LA, MA, MS, NH, NJ
 - OK AFHK presented to OK School Board
 - MI AFHK series of large stakeholder meetings
 - IL AFHK team created professional display for team members to use at meetings
 - Media outreach successful by AR, KS, IA, NH, OK

Early Results for Teams

- Increasing healthy food options
 - AL AFHK collaborated with AL Healthy Weight for Youth coalition to survey principals and assess vending status -- developed & distributed guide to healthy vending w/endorsements from PTA, ADA, Council for Leaders
 - MA AFHK developed a la carte food standards and is collaborating with MA ASFSA for distribution

Results from State Teams

- NH AFHK partnered with NH Dental Society on healthy vending toolkit for schools and is working with Commissioner of education to disseminate to superintendents
- IN AFHK worked with a large school district to change recess from after to before lunch and succeeded in getting another district to turn off vending machines during school hours
- DC AFHK identified 12 schools to implement a vending pilot study that would modify offerings starting this fall and includes a student food journal component

Results from State Teams

- Increasing physical activity opportunities
 - FL AFHK developed and distributed survey to 300 schools to gather baseline data on recess and physical activity opportunities
 - DC AFHK presented to DC school board and then assisted in reviewing PE requirements
 - KS AFHK awarded micro-grants to 13 schools to support School Health Councils to assess PA needs

Snapshot of State Team

Tactics

- Form student health councils that initiate nutrition & physical activity programs
- Develop train-the-trainer program for training educators on behavior-focused nutrition education
- Create an incentive program to encourage schools to adopt comprehensive school health education
- Collaborate to develop certification program for PE and address accountability for PE

Snapshot of State Team

Tactics

- Inform administrators about what comprises quality PE and monitor the PE waiver process
- Develop training program and cadre of trainers on physical education in classroom
- Pair with community partners to expand use of school facility after school hours, provide programs that let students “try-out” activities
- Identify and publicize best practices in healthy vending, nutrition education and physical activity

Snapshot of State Team

Tactics

- Provide criteria and model programs to schools on cross-curricular nutrition and physical education
- Conduct benchmark survey to determine number of hours devoted to nutrition education
- Educate decision-makers to support creation of policies and guidelines that support healthy options throughout school campus

Going forward

- Expand and strengthen base
- Further engage volunteer team members and Partner Steering Committee members
- Identify and catalog learnings
- Network and share experiences, expertise, resources
- Increase capacity and resources
- Celebrate progress – One Year Anniversary October 6th

Policy Issues in Nutrition and Physical Activity for Schools

Bill Potts-Datema, MS
Partnerships for Children's Health
Harvard School of Public Health

What We'll Do During This Session

- Review our role related to influencing policy issues
- Discuss significant issues in nutrition and physical activity for schools
- Discuss major national groups working to address policy issues related to schools

What Is Our Role?

- Educate policymakers and opinion leaders to enable them to make informed choices
- Provide information and professional judgments

What Is Not Our Role?

- In many cases, lobbying for or against specific legislation as part of your official position
- Working to support or defeat a specific candidate as part of your official position

Who Are We Educating?

- Policymakers (make laws, regulations, rules)
- Opinion leaders (influencers; may be informal)
- Many levels of both categories

What Do We Want for Schools?

- To develop health-promoting schools that maintain a unified nutrition and physical education environment within a coordinated school health program

Significant Policy Issues

Nutrition:

- Improving foods sold and served in schools
- Providing healthier options in vending machines
- Ensuring certified directors for cafeteria food service
- Establishing farmers' market in-school programs

Significant Policy Issues

Nutrition Education:

- Providing age-appropriate nutrition education within a comprehensive health education curriculum
- Including age-appropriate information about weight management
- Linking health promotion to the curriculum

Significant Policy Issues

Nutrition Education:

- Linking to traditional coursework, the school food environment, physical education classes, after school programs, and local farmers
- Using evidence-based interdisciplinary curricula such as *Planet Health*, *Eat Well and Keep Moving*, *Coordinated Approach to Child Health (CATCH)*, etc.

Significant Policy Issues

Physical Education and Activity:

- Providing opportunities for supervised physical activity every school day
- Providing physical education classes with qualified instructors to meet the NASPE guidelines
- Providing safe routes to school
- Establishing wellness programs for faculty and staff

Significant Policy Issues

Parent Education:

- Communicating with parents about the school program, risks associated with poor nutrition and sedentary behavior, risks associated with excess weight, and the relationship between pediatric nutrition and physical activity to adult health

Significant Policy Issues

Related Issues:

- Limiting recreational screen time, including TV watching
- Ensuring preschool and before- and after school programs are active and serve healthy snacks
- Linking to Federal and state initiatives (SHI, CTS, TN, VERB, etc.)

Significant Policy Initiatives

- National Governors' Association Policy Academies
- National Conference of State Legislatures Policy Roundtables
- State and regional initiatives (such as NECON)

National Initiatives

- National Alliance for Nutrition and Activity (NANA)
- Friends of School Health
- National 5 A Day Partnership
- National Coalition for Promoting Physical Activity

National Initiatives

- Action for Healthy Kids
- Partnership to Promote Healthy Eating and Active Living
- PE4Life
- American Council for Fitness and Nutrition

Some National Issues

- Child Nutrition Act reauthorization
- Transportation Equity Act (TEA-21) reauthorization
- IMPACT bill
- Vending bills
- And always, appropriations for a wide variety of programs

Resources

- Thomas (information on bills in Congress)
<http://thomas.loc.gov/>
- National Conference of State Legislatures
(information on bills in states)
<http://www.ncsl.org/programs/health/pp/healthpromo.cfm>
- National Alliance for Nutrition and Activity
(policy options)
http://cspinet.org/nutritionpolicy/policy_options.html
- National Association of State Boards of Education
“Fit, Healthy, and Ready to Learn”
<http://www.nasbe.org/HealthySchools/fithealthy.mgi>

Resources

- CDC Division of Adolescent and School Health:
 - School Health Index
<http://www.cdc.gov/nccdphp/dash/SHI/index.htm>
 - School Health Policies and Programs Study state report cards
http://www.cdc.gov/nccdphp/dash/shpps/report_cards/index.htm
 - Youth Risk Behavior Surveillance System
<http://www.cdc.gov/nccdphp/dash/yrbs/>
- US Department of Agriculture “Changing the Scene”
<http://www.fns.usda.gov/tn/Healthy/changing.html>
- US Department of Education PEP Program
<http://www.ed.gov/offices/OSDFS/pep.html>

Resources

Questions or comments:

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Final Thoughts

- “Coming together is a beginning, keeping together is progress, working together is success.”
-- Henry Ford
- “If you don’t have educated, strong, healthy young people, you’ve got nothing. Human capital is the cornerstone of society.”
-- George McGovern