

WELLNESS POLICY IMPLEMENTATION:
Where there is the will, there are **MANY WAYS**
Moving Into Action ~ February 2007

**Wellness
Policy
Implementation**

Putting
WELLNESS
Plans into
ACTION

Where there
is the **WILL**,
there are
MANY WAYS

So, we have a
Wellness Policy
and a
Health Council

...

Wellness Policy

A document - approved by the local school board - that promotes a healthy school environment by focusing on nutrition and physical activity standards. A wellness policy seeks to improve children's health, classroom behaviors, and academic performance.

**USDA
Mandate by
School year 2006-07**

School Health Council

A School Health Council (SHC) is an advisory group composed of committed individuals from both the school and the community. The group works together to provide guidance and leadership to the school on all aspects of the school health program.

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**NOW
WHAT
?????**

**Making
School Health
Work
for Successful
Students**



**WHY
?????**

Our kids are
facing a
Malnutrition
weight,
nutrition, and
health crisis.

Weighty Health Issues

Overweight
Overfed
Undernourished
Sedentary
Diabetes (type 2)
CVD Risk Factors
Eating Disorders

**Being overweight is
an academic issue**

- Overweight children have more school absences than children with a healthy weight.
- Overweight children report a lower quality of life.
- Weight-related teasing is a significant cause of bullying at school.



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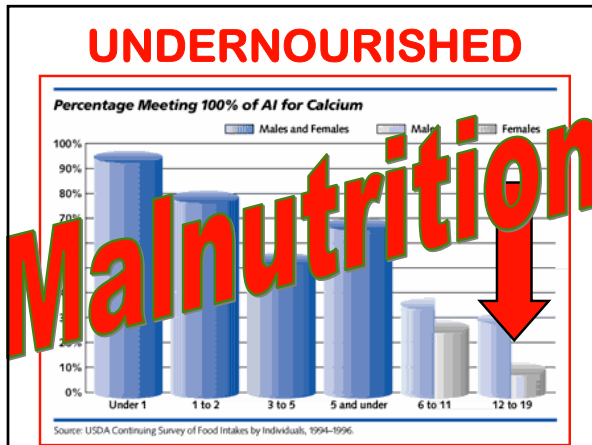
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OVERWEIGHT in ND

- **62 percent** of ND adults are overweight or obese (BRFSS 2005 - **15th highest in US**)
- **11 percent** of ND high students are overweight (YRBS 2005)
- **13 percent** of ND high students are at risk of becoming overweight (YRBS 2005)

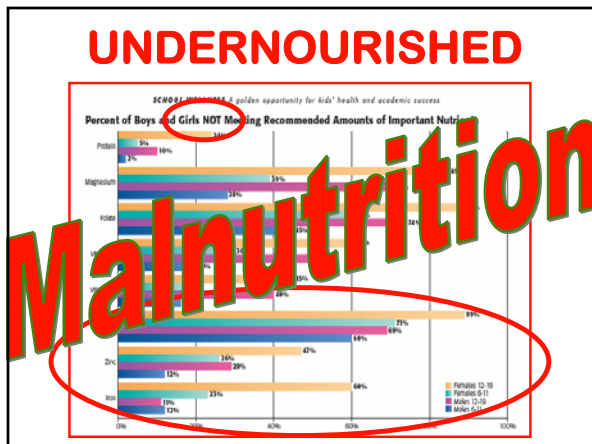
Being undernourished is an academic issue

- Optimal nutrition is necessary for optimal cognitive functioning.
- Zinc and iron (along with other nutrients) are critically important to brain function.
- Sub-optimal nutrition has been shown to affect academic performance and even IQ scores.


Importance of DAIRY

- Kids who avoid milk more likely to be overweight and have fractures
- Higher milk intake in children associated with lower body fat



Being sedentary is an academic issue

- Excessive screen time undermines children's education.
- Excessive screen time reduces time that kids have to read, do homework, and explore the world.
- Children who achieve more fitness standards also tend to score higher on standardized tests.



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INACTIVITY in ND

- o **8 percent** had not participated in any vigorous or moderate physical activity during the past 7 days
- o **45 percent** did not attend physical education classes
- o **63 percent** did not attend physical education classes daily

2005 Youth Risk Survey (YRBS)

Health Behavior	ND	USA
Overweight	11 %	13 %
At risk for being overweight	13 %	16 %
No moderate physical activity	8 %	10 %
Less than 3 servings milk/day	73 %	84 %
Less than 5 servings F+V/day	86 %	80 %
No PE at school	45 %	46 %

Type 2 diabetes is an academic issue

- o Children with Type II diabetes have more school absences.
- o Fluctuating blood sugar levels contribute to poor behavior and other school problems.
- o Kids with Type II diabetes need more intensive nursing services.



Type 2 DIABETES

“One in three children born in the US in 2000 will become diabetic ...”

CDC ~ 06/15/03

Disordered eating is an academic issue

- o Teens with eating disorders do not get the nutrition they need for optimal performance.
- o Young people with poor body image tend to make poor choices about other issues.
- o Compulsive exercise takes energy from school.



**Eating Together,
Playing Together**

**Healthy Families
Campaign 2007**

rmb@montana.edu

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Six Steps to Success

1. Make wellness a priority.
2. Plan change in baby steps.
3. Walk the wellness talk.
4. Collect data to tell the story.
5. Reward and celebrate changes.
6. Be a champion for wellness.

**IT'S ALL
ABOUT
YOU**

**IT'S
EASIER
THAN YOU
THINK**

Devils Lake, ND
Sweetwater Elementary
Healthy Beginnings
Committee promoted
healthy snacks to students,
families, and staff - and
obtained donated
refrigerators from WalMart
for classrooms.

Six Steps to Success

**1. Make
wellness
a priority.**



PRIORITY

It's not necessarily about
having more resources for
wellness activities -
it's about making different
use of existing resources.

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West Fargo, ND

WFPS Superintendent

issued a statement saying that staff will not be reimbursed for the purchase of pop, candy, etc. SFS director distributed the "Constructive Classroom Rewards" document to all classroom staff.

It's All About YOU

1. Make wellness a priority.



Six Steps to Success

2. Plan for change in baby steps.



BABY STEPS

The current weight-health issues facing children developed over many years.

Creating healthier environments for them will also be a gradual process.

Bismarck, ND

BPS School Store Manager

reduced candy bar selection from over 20 varieties to just 4 candy bars and added many more healthful alternatives - before he was required to meet guidelines.

It's All About YOU

2. Plan for change in baby steps.



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Six Steps to Success

**3. Walk the
wellness
talk.**



WALK THE TALK

The best way to help children and other adults adopt healthy behaviors is **to role model those habits yourself.**

**Grand Forks, ND
GFPS**

offers 60+ hours of health and wellness classes from 4:15 – 6:00 PM.
15 hours = a UND credit and brings folks together on wellness issues.

It's All About YOU

**3. Walk the
wellness
talk.**



Six Steps to Success

**4. Collect
data to tell
the story.**



DATA

Collecting wellness information will help you tell your school's story - **and you get the recognition you deserve.**

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Montague, Michigan

NBC Middle School
saved **ONE MILLION**
calories per year by
reducing the size of the
cookies served in their
school cafeteria.

It's All About YOU

4. Collect
data to tell
the story.



Six Steps to Success

5. Reward and
celebrate
change.



REWARD

Make objectives smarter:

- S** - Specific
- M** - Measurable
- A** - Acceptable
- R** - Realistic
- T** - Timely
- E** - Extending capabilities of helpers
- R** - Rewarding them for their efforts

Grand Forks, ND

GFPS

held 5th Annual Food, Nutrition
and Wellness Fair for the public
school community to help plan
next year's menu as well as learn
about recent health topics - with 30
vendors, 15 agencies, and 300
students and family members.

It's All About YOU

5. Reward and
celebrate
change.



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Six Steps to Success

**6. Be a
champion
for wellness.**



CHAMPIONS

Everyone -
from the superintendent to
students of all ages
- can be champions for
health and wellness.

West Fargo, ND

WFPS Foodservice Director
offered Packer Backers booster
club the chance to requisition
“healthy” items from
foodservice. Every home game
now has fresh cut fruit, veggies,
deli sandwiches, baked chips,
and banana bread.

It's All About YOU

**6. Be a
champion
for wellness.**



**Send me
YOUR STORY.**

**EatWellatSchool
@aol.com**

First Things FIRST

1. Breakfast for every child
2. Water within arm's reach
3. Recess before lunch
4. Time to enjoy a balanced lunch
5. Positive NON-food rewards
6. Smart snack opportunities

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**IT'S ALL
ABOUT
YOU**

**IT'S
EASIER
THAN YOU
THINK**

**TO HELP
KIDS ...**

- **At school ...**
- **At home ...**

Resources for Success

QuickTime™ and a
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