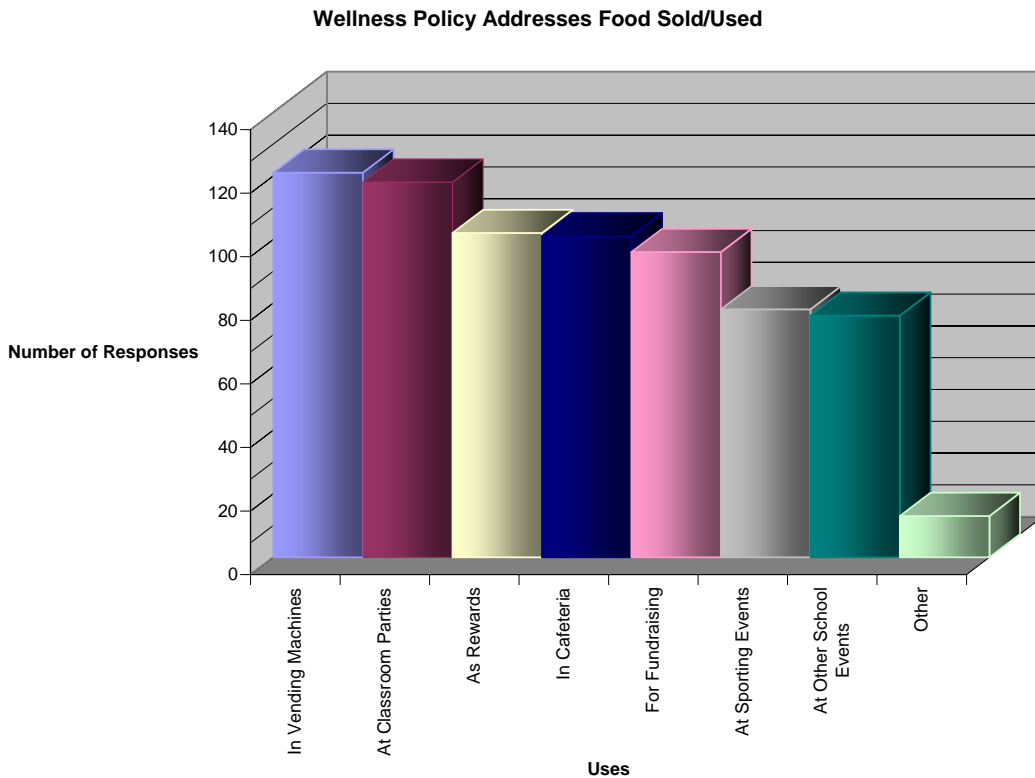


Local Wellness Policy Survey Results

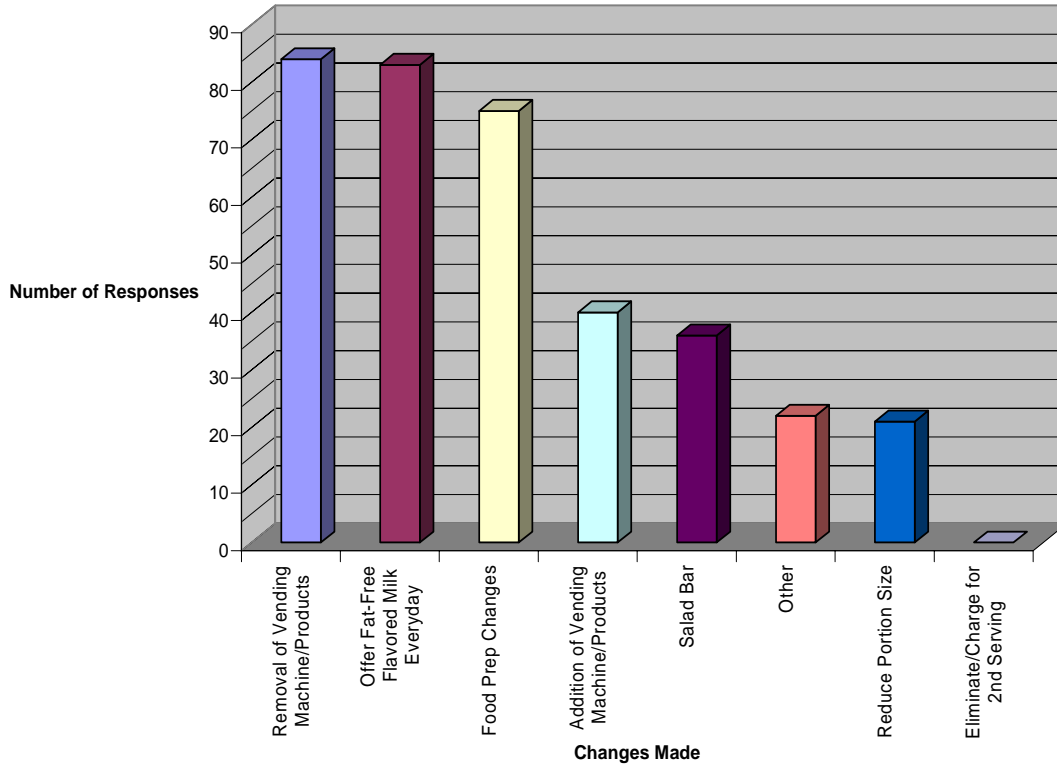
Last month we surveyed school districts on progress and content of their Local Wellness Policies. Thanks to all of you, the survey was a great success. We received responses from 152 of our 229 school sponsors to equal a 66% response rate! Here's some interesting information that we collected:

- Almost all sponsors (95%) have adopted their Local Wellness Policy.
- Most policies (68%) have general or broad nutrition guidelines for foods and beverages.
- In most cases, superintendents and other administrators are responsible for ensuring compliance of their wellness policy.
- Wellness policies address foods that are sold/served at school.

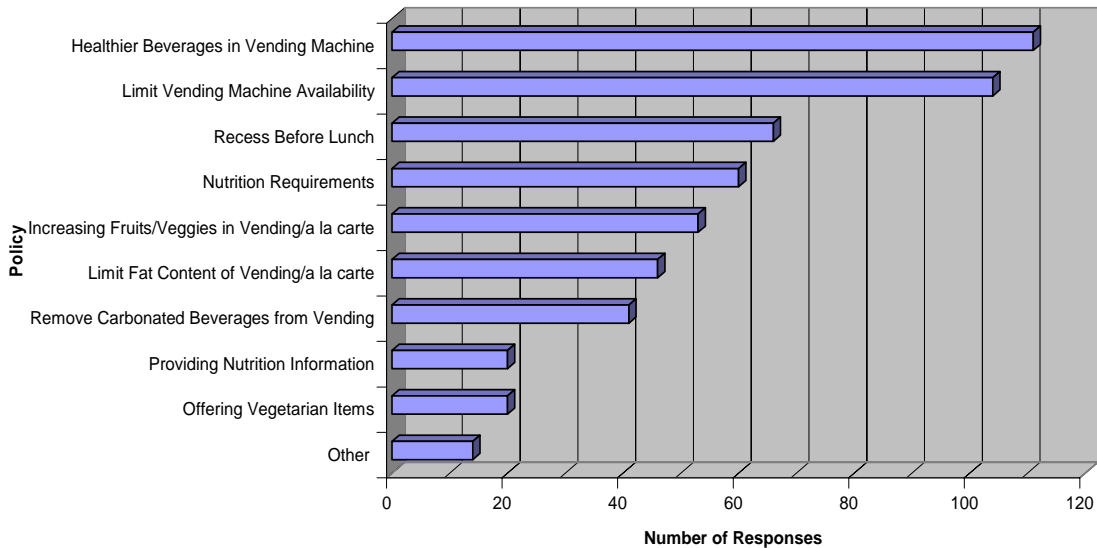


- Wellness policies include changes in the food and beverages that schools offer. (Insert question 8 graph and question 9 graph)

Changes in Food/Drink Offerings



Food Policies in Place



- Recess before lunch has been implemented in 43% of the responding schools.
- Most comments regarding the policies are optimistic. In addition to offering healthier foods and limiting less healthy items, many sponsors indicate improvements in the eating environment, including longer meal times and recess before lunch.

This information provides a strong base from which we can build additional training and technical assistance. As we move into policy implementation and evaluation, we encourage our school sponsors to share their efforts, successful and not. By working together we gain support and knowledge to help us grow. Thank you for your dedication to the health of your students.

For a detailed summary of the survey, contact Nancy Darling in our office at ndarling@nd.gov.