

# Overview of State Programs for Nutrition, Physical Education, and Health

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Studying Childhood Obesity in Virginia's Public Schools

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by  
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# School Nutrition Programs Background

The Office of School Nutrition Programs provides oversight and technical assistance to public school divisions by administering the regulatory requirements of the Richard B. Russell National School Lunch Act, the Child Nutrition Act of 1966 and Board of Education regulations intended to establish and maintain high quality, nutritious, accessible, cost effective school nutrition programs.

# School Nutrition Programs Background

- School division participation in the United States Department of Agriculture (USDA) National School Lunch Program, School Breakfast Program, Special Milk Program, and Afterschool Snack Program is voluntary.
- All 132 Virginia public school divisions participate in the USDA lunch program; 131 also participate in breakfast.
- All public schools in Virginia, with the exception of high schools in Chesterfield, Hanover, Prince George and Colonial Heights, participate in the USDA lunch program.

# School Nutrition Programs Background

- Schools that participate in the USDA meal programs must meet federal regulations in order to qualify for a per meal reimbursement for each breakfast, lunch, and afterschool snack served to students.
- Meals claimed for federal reimbursement must meet the Recommended Dietary Allowances for calories and key nutrients for specific age groups and the Dietary Guidelines for Americans.

# School Nutrition Programs Background

Schools claiming reimbursable meals must also  
comply with federal regulations regarding:

- competitive foods
- financial management
- non-profit status
- availability of free or reduced price meals
- food safety and sanitation
- parent and student involvement

# School Nutrition Programs Background

- Federal regulations require participating schools to provide meals free or at a reduced price to students from families with income that meets the eligibility guidelines.
- There are no federal reimbursements for adult meals or a la carte foods sold.

# School Nutrition Programs Funding – Federal & State

- Estimated total federal school nutrition funds received by school divisions for reimbursable meals and afterschool snacks served to students during school year 2006-2007 was \$182 million.
- Federal regulations require a state match for the school nutrition programs. The minimum state match for Virginia is \$5.8 million. This required minimum funding level has not been increased since the match was established.
- This funding is appropriated annually and distributed to school divisions based on the number of lunch meals served in the previous school year. Last year it was less than five cents per meal.

# School Nutrition Programs Funding – State Breakfast

- For the first time since the USDA School Breakfast Program began in 1967, Virginia provided voluntary state funding in fiscal years 2006 and 2007 as a financial incentive to increase breakfast participation.
- Approximately \$1 million in breakfast incentive funding was disbursed in school year 2006-2007 to 122 school division nutrition programs.
- School divisions that participated in the School Breakfast Program and increased the number of breakfast meals served per student in school year 2005-2006 over the established baseline received an incentive payment.



# School Nutrition Programs Funding – USDA Commodity Foods

- Schools participating in the National School Lunch Program receive commodity food entitlement of 17.5 cents per lunch.
- Schools may also get bonus commodities.
- USDA does not provide commodity food entitlement for breakfast meals served.

# School Nutrition Programs Funding - Local

## Sources of Local Funding:

- Student Meal Payments
- Adult Meal Payments
- A la Carte Sales and Catering

# School Nutrition Programs Federal Requirements

## Local Wellness Policy

- The Child Nutrition and WIC Reauthorization Act required school divisions that participate in the USDA National School Lunch Program to develop a local wellness policy by July 1, 2006.

# School Nutrition Programs Local Wellness Policy Requirements

## The local wellness policy must at a minimum:

- include goals for nutrition education, physical activity, and other school-based activities to promote student wellness;
- include nutrition standards for all foods and beverages available during the school day with the objective of promoting student health and reducing childhood obesity;
- provide assurance that local guidelines established shall not be less restrictive than USDA regulations and guidance as they apply to the school nutrition programs;

# School Nutrition Programs Local Wellness Policy Requirements

**The local wellness policy must at a minimum:**

- establish a plan for measuring implementation of the local policy; and,
- involve parents, students, school nutrition staff, the school board, school administrators, and the public in the development of the policy.

Handout: Local Wellness Policy Survey 2006

# School Nutrition Programs Other Federal Initiatives

## USDA Food and Nutrition Service, Office of Analysis, Nutrition and Evaluation

Studying the implications of the 2005 Dietary Guidelines for Americans, with regard to calories and nutrients, for the purpose of modifying the school meal patterns. The proposed rule is expected to be published by the end of 2007.

## Congress

Child Nutrition Promotion and School Lunch Protection Act, a bill introduced this spring, to amend the Child Nutrition Act of 1966 by updating the definition of “foods of minimal nutritional value” to conform to current nutrition science and to protect the Federal investment in the national school lunch and breakfast programs.

# School Nutrition Programs State Law and Regulations

## § 22.1-207.3 (*Code of Virginia*) - School breakfast programs.

Each school board shall establish a school breakfast program in any public school in which twenty-five percent or more of enrolled school-age children were approved eligible to receive free or reduced price meals in the federally funded lunch program during the previous school year. The Board of Education is required to promulgate regulations for the implementation of the program.

# School Nutrition Programs State Law and Regulation

## 8 VAC 20-290-10 - Sale of food items.

The sale of food items in school during the lunch period shall be limited to those items recognized as being components of the school lunch program's reimbursable lunch and breakfast; the income from the sale of those items shall accrue to the school lunch account.



# State Initiatives

## Healthy Virginians

### Governor's Nutrition and Physical Activity Award

- Provides best practice standards for physical activity and nutrition in the online scorecard.
- Incorporates the recommendations of the joint committee of the Board of Education and Board of Health, as well as CDC School Health Index and other national standards.

Handout: Scorecard for the Governor's Award

# Governor's Nutrition and Physical Activity Award

- Established February 2005
- More than 550 schools from 100 different school divisions have used this online assessment tool.
- 32 schools have earned award status: 5 gold, 13 silver and 14 bronze.
- More than 75% of school divisions indicated they used the scorecard standards in the development of the local wellness policy.

# Department of Education – School Nutrition Programs

## Department of Education School Nutrition Program staff:

- monitor school division compliance with USDA school meal program regulations, including the Healthy School Meals Initiative which sets age appropriate nutrient standards;
- provide professional development for school nutrition managers and staff, school nutrition directors, teachers, principals, and other stakeholders on the Dietary Guidelines for Americans and other nutrition topics;

# Department of Education – School Nutrition Programs

## Department of Education School Nutrition Program staff:

- provide annual summer workshops for all school cafeteria managers which include education on issues related to childhood obesity and strategies to assist students in making healthy choices in the school meal programs; and
- provide information about use of the Governor's Nutrition and Physical Activity Award scorecard as an assessment tool for establishing baseline data on physical education, nutrition education, nutrition standards, and other activities to support student wellness.

# Virginia Standards of Learning - Health and Physical Education

- The Virginia Board of Education has scheduled and authorized a review of the Health Education and Physical Education Standards of Learning to be completed by spring 2008.
- All Virginia Standards of Learning must undergo a regular review.

# Standards of Learning for Physical Education

- The five strands for physical education are Skillful Movement, Movement Principles and Concepts, Personal Fitness, Responsible Behaviors, and Physically Active Lifestyle.
- Standards of Learning in each strand are sequenced and progress in complexity from grade level to grade level.
- The purpose of physical education is to help students acquire the knowledge, processes, and skills needed to engage in meaningful physical activity both in the present and for a lifetime.

<http://www.doe.virginia.gov/VDOE/Instruction/PE/>

Handout: Standards of Learning

# Standards of Learning for Health Education

- The Health Education Standards of Learning delineate the concepts, processes, and skills for health education in kindergarten through grade 10 for Virginia's public schools.
- The three learning goals focus on key health concepts and skills needed to facilitate the formation of healthy behaviors and practices.
- The intent of health education is to help students understand how to achieve and maintain good health for a lifetime. <http://www.doe.virginia.gov/VDOE/Instruction/PE/>

Handout: Standards of Learning



# Standards For Accrediting Public Schools (SOA)

Virginia Board of Education Regulations governing the accreditation of public schools require that students participate in a program of physical fitness during the regular school year at the elementary and middle school level. (This is a new requirement that became effective with school year 2006-2007.)



# Standards For Accrediting Public Schools (SOA)

The Board has issued guidance regarding how the physical fitness requirement can be accomplished. Physical fitness requirements can be accomplished by either of the following:

- Requiring students to take a sequential program of physical activity based on SOLs, or
- Requiring students not take the sequential program to participate in another physical fitness program which would include: 1) before- or after-school programs; 2) physical activity outside of school (i.e. swim team); or 3) joint school or community recreation activities.

Handout: VDOE Guidance on Unit of Fitness

# Resources

*Regulations Establishing Standards for Accrediting Public Schools in Virginia* (page 16):

<http://www.doe.virginia.gov/VDOE/Accountability/soa-guidance-doc.pdf>

**Virginia Action for Healthy Kids**

<http://www.ext.vt.edu/actionforhealthykids/resources.html>

**Health Smart Virginia**

<http://healthsmartva.pwnet.org/>

**Governor's Award for Nutrition and Physical Activity**

<http://www.vipnet.org/doe/login.html>

# Resources

## Institute of Medicine

*Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth*

<http://www.iom.edu/CMS/3788/30181/42502.aspx>

## Robert Wood Johnson Foundation

*Healthy Eating Research: School Foods Sold Outside of Meals*

<http://healthyeatingresearch.org/uploads/CompetFoodsChildObesityResearchBrief.pdf>

*Balance: A Report on State Action to Promote Nutrition, Increase Physical Activity, and Prevent Obesity*

<http://healthyeatingresearch.org/uploads/Balance072006.pdf>