

Local School Division Approaches to Addressing Childhood Obesity Through the Local Wellness Policy

HJR 637 Joint Subcommittee
Studying Childhood Obesity in Virginia's Public Schools
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by
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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.

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;

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.

Local Wellness Policy Implementation

Nutrition Education:

- A sequential, comprehensive, SOL based program designed to provide students with the knowledge and skills necessary to promote and protect their health at each grade level will be implemented.
- Nutrition will be incorporated into essay writing, art projects and math problems.
- School menus and visits to the serving line will be used to introduce students to a variety of food choices and to develop critical thinking skills regarding healthful choices
- Elementary classroom teachers and secondary physical education teachers will participate in professional development on nutrition education.

Source: 2005-2006 Final and 2006-2007 Preliminary SHAB Report - Local Wellness Policy Surveys

Local Wellness Policy Implementation

Physical Education:

- Each physical education class period shall include physical activity for at least 80% of the time, with a minimum of 50% of that time devoted to moderate to vigorous activity.
- Daily physical education, or the equivalent of 150 minutes per week, for elementary students.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes.
- At the high school level, physical education will facilitate the transition to an active adult lifestyle.

Source: 2005-2006 Final and 2006-2007 Preliminary SHAB Report - Local Wellness Policy Surveys

Local Wellness Policy Implementation

Other Activities to Promote Student Wellness:

- Use of school facilities before and after school, on weekends and holidays for physical activity.
- Work with the community to make it safer and easier for students to walk or bike to school.
- Healthy non-food rewards shall be used to recognize students, such as a walk with the principal, a no homework pass, time to read or listen to favorite music.
- Limit food and beverage marketing in schools to those items that meet established nutrition standards and promote a healthy lifestyle.
- Establish a staff wellness program to model healthy eating and physical activity behaviors.

Source: 2005-2006 Final and 2006-2007 Preliminary SHAB Report - Local Wellness Policy Surveys

Local Wellness Policy Implementation

Nutrition Standards:

- Limit foods and beverages available to elementary students during the school day to those that are part of the USDA school meal programs.
- Adopt the nutrition standards of the Governor's Scorecard for all foods and beverages sold to students during the school day, to include:
 - Portions not to exceed 300 kcal
 - Less than 30% total fat per item
 - Less than 10% saturated fat per item
 - Less than 35% sugar by weight
 - Beverages limited to water, low fat and fat-free milk, and 100% fruit juice
- Eliminate all carbonated beverages from vending machines available to middle and high school students during the school day.
- Qualified professionals will administer the school nutrition programs and all foods and beverages available to students during the school day will be provided or sold by the school nutrition program.

Source: 2005-2006 Final and 2006-2007 Preliminary SHAB Report - Local Wellness Policy Surveys

School Division Program Administrators

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**Foods and Beverages Available to Students
Outside of the School Meal Programs**

School Division Program Administrators

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Collection of Student Height and Weight Data

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Collection of Student Height and Weight Data