It’s Time to Update Your Wellness Policy: How Does Your Policy Compare to Policies Nationwide?

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Presentation Overview

• Overview of federal wellness policy requirements
• Trends in wellness policy content and strength
• Considerations when updating your wellness policy
• Resources
Overview of Federal Wellness Policy Requirements
Two key Federal Laws-CNR

- Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265, Sec. 204)
  - Wellness policy required by 1st day ‘06-’07 school year
    - All school districts participating in Natl. School Lunch Program or Child Nutrition Programs
  - Required components:
    - Goals for nutrition education, physical activity, other school-based activities
    - Guidelines for all foods/sold served (i.e., competitive foods)
    - Assurance that reimbursable meal guidelines at least meet Federal regulations
    - Implementation plans
    - Involvement of key stakeholders in policy development
Two key Federal Laws-HHFKA

• Healthy, Hunger-Free Kids Act of 2010 (PL 111-296, Sec. 204)
  • goals for nutrition education, physical activity and other school-based activities;
  • nutrition guidelines for all foods and beverages available on each school campus consistent with federal regulations;
  • permission for stakeholders (parents, students, teachers, school board, etc.) to participate in policy development, implementation, review, and updates;
  • a plan to inform and update the community about the policies’ content and implementation;
  • that the district periodically report and measure on the wellness policy implementation; and,
  • designate 1 or more district and/or school officials responsible for ensuring school-level compliance with the wellness policy.

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Trends in Wellness Policy
Content and Strength
Progress in adopting wellness policies and required policy components

% of students in a district with a policy

- Wellness policy exists
- Wellness policy includes all required elements
- Nutrition education goals
- Physical activity goals
- Physical education provisions
- School meal guidelines
- Implementation & evaluation plans
- Competitive food guidelines

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Wellness policy comprehensiveness and strength by topic and year

![Graph showing wellness policy comprehensiveness and strength by topic and year](chart.png)


**Year Ranges**: 2006-2007, 2010-2011
Nutrition Education (NE) Provisions by Year

% of districts nationwide with policy

- % address policy
- % with strong policy

NE Goals
NE Curriculum each Grade
NE Training for Teachers
NE Integrated Into Other Subjects
NE Teaches Behavior-focused Skills
School Meal Provisions by Year

% of districts nationwide with policy

- % address policy
- % with strong policy

- School meal guidelines meet fed guidelines
- School Breakfast Program
- Guidelines beyond US DGA
- Strategies to Increase Participation
- Adequate Time to Eat
- Nutrition Training for Food Service Staff
- Nutrition Information for Meals
Competitive Food & Beverage Location Restrictions by Year and Grade Level

% of districts nationwide with policy

- % address policy
- % with strong policy

**VENDING MACHINES**

**A La Carte Lines in the Cafeteria**
Competitive Food & Beverage Location Restrictions by Year and Grade Level cont.

% of districts nationwide with policy
- % address policy
- % with strong policy

IN-SCHOOL FUNDRAISERS
*Comparable data only for years 3-5
Districts with policies containing specific and required limits* on competitive foods

% of districts nationwide with policy by grade level of applicability, SY 10-11

*Includes location/competitive food bans
District with policies containing competitive beverage restrictions

% of districts nationwide with law by grade level of applicability, SY 10-11

- Regular soda ban
- Other SSB ban
- Ban 2%/whole milk

Vending Machines

A la carte lines

Stores/Canteens

In-school Fundraisers

*State includes the 50 states and D.C.
Selected Physical Education* Provisions by Year

% of districts nationwide with policy

% address policy

% with strong policy

*PE was not a required element but commonly addressed
PE Time Policies by Year and Grade Level

% of districts nationwide with policy

- % address PE time
- % meeting NASPE standard

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Selected Physical Activity Provisions by Year

% of districts nationwide with policy

- % address policy
- % with strong policy

- PA Goals
- PA throughout the Day
- Community Use of Facilities
- Safe Routes to School
- Not Withholding Recess/PE As Punishment

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Selected Messaging/Marketing Provisions by Year

% of districts nationwide with policy

- % address policy
- % with strong policy

06-07
10-11
06-07
10-11
06-07
10-11
06-07
10-11

- Coordinated School Health
- Promotion of Healthy Options
- Restrict Marketing of Unhealthy Options
- Staff Role Modeling

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What’s Happening at the Federal Level?
Healthy, Hunger-Free Kids Act (HHFKA) of 2010 Requires the U.S. Department of Agriculture to...

- Develop wellness policy guidelines and framework
- Develop technical assistance materials for wellness policies
- Develop nationwide competitive food standards
  - USDA has drafted a proposed rule→ currently undergoing White House/OMB review
  - HHFKA requires that the standards be consistent with the most recent edition of the Dietary Guidelines for Americans
    - Limits on solid fats and added sugars
    - Only 1%/skim milk
    - Minimize consumption of sugar-sweetened beverages
    - Increase consumption of fruits/vegetables/proteins
- Expect proposed rule to be issued in the next few months with 60- to 90-day public comment period → that means you!
- Expect full implementation probably by SY 2015/2016

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Considerations when updating your wellness policy
KEY Considerations When Revising

- Make sure the policy is designed to fit your district’s context/needs
  - There is NO ONE SIZE FITS ALL WELLNESS POLICY
  - State Board of Ed and other models are great but are only appropriate if they can be implemented in your district
- Identify the key goals for the district
  - Develop meaningful and measurable indicators that you could use to track progress in implementation and student outcomes over time
- Involve key stakeholders
  - District officials, school officials, parents, students, community leaders, physical educators, food service directors, physicians, etc.
- Incorporate plans for reporting and ongoing monitoring of progress
  - Review and revise on a regular basis (~3 years)
Resources for revising your policy

• Forthcoming technical assistance materials from USDA
• Updated Bridging the Gap wellness policy report likely to be issued in late Jan/early Feb (will discuss below)
  • Start by understanding what your policy does and does not address
  • Compare your policy to national trends
    • Key questions: what are your goals, what are your resources for implementation, do you have buy-in/support from district officials, school administrators, parents, etc.?
• Examples from districts with strong policies
  • Chicago Public Schools just adopted one of the strongest wellness policies and snack food policies
    • Chicago has instituted wellness policy “champions” in each school to take responsibility for wellness policy implementation and reporting

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