Have U.S. School Districts Incorporated the IOM Standards into their Competitive Food and Beverage Policies?

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Study Overview

Nationally representative sample of 593 school district wellness policies for the 2008-2009 SY

Primary policy collection (97% response rate) and analysis included wellness policy, all associated regulations/guidelines/procedures, cross-referenced policies/models/state laws

Policies evaluated for competitive foods using an ordinal coding scheme:

0: No policy/provision
1: Weak policy/provision (should, encourage, may, try, attempt)
2: Strong policy/provision (must, shall, require), but less than IOM standards*
3: Meets IOM standard
4: Competitive food & beverage ban

Data presented weighted to %age of students nationwide in districts with given policy provision

*Not all items had a strong category other than the IOM strong category
IOM Competitive Food Standards

Fat
No more than 35% of total calories from fat per portion
Trans fat-free (no more than 0.5 g)

Sugar
No more than 35% of total calories from sugar per portion

Sodium
No more than 200 mg of sodium per portion

Calories
No more than 200 calories per portion

Competitive Food Content Restrictions that Meet IOM Standards or Ban Such Sales, SY 2008-09

% of students in districts with policy by grade level

Vending Machines

School Stores

A la carte

Fundraisers

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IOM Competitive Beverage Standards

Sugar-Sweetened Beverages (SSB)
   Beverages with added caloric sweeteners are prohibited

Sugar/Calorie Content of Flavored Milk
   Less than 22 g of sugars per 8 oz serving

Fat Content of Milk
   Only low-fat (1%) or non-fat/skim milk

Serving Size
   Water any size; AND
   8 oz per serving for milk (including flavored milk); AND
   4 oz per serving for 100% juice (ES/MS); AND
   8 oz per serving for 100% juice (HS)

Caffeine
   Beverages with added caffeine are prohibited


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Competitive Beverage Content Restrictions that Meet IOM Standards or Ban Such Sales, SY 2008-09

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*Note: Soda/SSBs overlap
Report/Data Availability and Next Steps
Data Monographs/Reports

First report released July 2009


Executive Summary, Monograph and backup data available at:

www.bridgingthegapresearch.org

New Update report containing 2008-09 data including analyses of competitive food and beverage policies by IOM standards forthcoming, expected release, end of June/early July
Continued Research Planned

• Continued monitoring of district wellness policies for compliance with IOM standards

• Companion monographs on implementation of the competitive food and beverage policies and related practices in elementary, middle and high schools

• Analyses examining the relationships between the competitive food and beverage policies and school practices and student weight outcomes (2ry only)

• Ongoing surveillance of wellness policy and implementation progress and innovation following congressional reauthorization
For more information: www.bridgingthegapresearch.org
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