



# *How SBHCs Can Support Local School Wellness Policies*



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# Speakers

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# Overview

- **Why Wellness Policies are Important**
- **What's Required in Wellness Policy in 2011?**
  - **What Makes A Strong Wellness Policy**
- **SBHCs-Getting Involved**
- **Local SBHC Perspective**



# Why Wellness Policies Are Important to SBHCs

- **Intentionality makes a huge difference**
- **Wellness Policies articulate the vision, the goals and the means to achieve goals for student health**
- **Wellness Policies make sure everyone is on the same page**
- **Provide opportunity for SBHCs to develop partnerships with school administrators and community**



# What are the Priorities for Your SBHC?

- Think about your Center's priorities in relation to the nine services typically provided by SBHC's  
(Examples: "To provide dental checkups to all students."; "Engage families and community to improve the health of students.")
- Place a dot under each service listed on the sheets posted on the wall that you have identified as a priority for your SBHC





# Percent of SHCs Offering Services

<u>Services Offered</u>	<u>Percent</u>
Medical	85%
Health Education	65%
Mental Health	64%
Reproductive Health – Screening/ Prevention	63%
Reproductive Health – Comprehensive	50%
Nutrition/Fitness	39%
Dental Prevention	33%
Dental Treatment	15%
Youth Engagement Programs	14%



# What's Required in Wellness Policy for 2011?





# History of Local School Wellness Policy

- **Originally Authorized by 2004 Child Nutrition and WIC Reauthorization Act**
- **Required for Districts in 2006**
  - School Districts participating in the National School Lunch program required to adopt Local School Wellness Policy







# 2004 Requirements for Wellness Policy

- **Nutrition Education, Physical Activity Goals**
  - Other School Based Activities to Promote Wellness
- **Nutrition Guidelines for Campus**
  - School Meals and After School Snacks and Meals
  - Competitive Foods and Beverages Sold
- **Involvement of Stakeholders in Policy Development-*usually a Wellness Committee***
- **Plan for Measuring Implementation**
  - Posting of policy in cafeteria



# Basic Sections of a Wellness Policy

- **Preamble or Introduction**
- **Stakeholder Committee**
  - Can also appear at the end
- **Nutrition Guidelines**
  - Guidelines for Reimbursable Meals
  - Competitive Foods and Beverages
  - Other related Policies (such as celebrations, rewards)
- **Goals**
  - Nutrition Education, Physical Activity and Education, Other School Based Activities (includes student and family involvement)
- **Policy Development, Implementation and Evaluation**
  - Can also appear at the beginning



# Introductory Section of a Wellness Policy

**Preamble or Overview-**  
*("Whereas...") sets out philosophy, vision*

- **Links student health to academics**
- **Establishes District commitment to health**





# Stakeholder Committee

- “School Health Council” or “Wellness Committee” or similar stakeholder group to develop policy
- Ideally states ongoing committee and frequency of meeting



# Stakeholder Committee Composition



- Parents
- Students
- School Board
- Administrators
- Food Service Director
- School Nurse
- After School Representative
- Teachers
- Community
- Ideally includes all components of Coordinated School Health



# Nutrition Guidelines

- School and After School Meals and Snacks
- Ala carte items
- Competitive Foods and Beverages
- Vending Machines
- Atmosphere of Cafeteria
- Time for Meals
- Fundraisers, Rewards, Classroom Celebrations





# Goals





## a. Nutrition Education



- **Classroom**
- **Cafeteria**
- **Field Trips and After School**
- *Food Marketing*
- *Food Rewards and Punishments*
- *Fundraising and Parties*





## b. Physical Activity (and Education)

- Kinds of activities
- When and where (during PE, before and after school)
- PE minutes-how much/how often, by whom, also MVPA
- Recess plans
- Exceptions, if relevant (Special needs)



## c. Other School Based Activities

### A Coordinated School Health Program





# Policy Development, Implementation and Evaluation

- Establishes an implementation plan and method for measuring impacts
- States responsible person charged with operational responsibility
  - Typically District Superintendent



# ***About Your Wellness Policy***



- **Easy to locate?**
- **Wellness Committee established and ongoing?**
- **SBHC included in policy and implementation?**



# Changes in the Healthy Hunger Free Kids Act of 2010

- Major enhancements to school meal pattern and inclusion of after school “suppers”

[www.fns.usda.gov/tn/healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html)



- **Strengthening of wellness policy**
  - [Nutrition Promotion Goals](#)
  - [Transparency](#)- Inform and update public about implementation
  - [Stakeholder participation](#) -Development, implementation, and review and update of local school wellness policy, to include broader stakeholder participation
  - [Monitoring](#)- Periodically measure and assess compliance and progress on wellness policy



# What Makes Strong Wellness Policy





# Strong Wellness Policy...

- **Comprehensive:** All sections included
- **Strong Language:** Requires implementation
  - **Strong** Language: “Shall, must, will, require, comply, enforce”
  - **Weak** Language: “*Should, may, encourage, promote, to the extent possible*”
- **Specific Subsections:** Provides details

[www.wellsat.org](http://www.wellsat.org) for online policy assessment



# ***SBHC Fits in Wellness Policy***

- **Representative** on wellness committee or site council
- **Health/Nutrition education**
- **Mental Health Services**
- **Reproductive Health Education and Services**
- **Dental Services**
- **Youth engagement programs**
- **Healthy school snacks and meals**
- **Healthy celebrations and fundraisers at all events on campus, No marketing of unhealthy foods**
- **Moderate to vigorous physical activity**



# Practice

- Review your handout with an example of wellness policies
- Consider criteria
- Rate each area
  - Strong
  - Fair
  - Weak





# 2010 Requirements for Wellness Policy

- **Nutrition Guidelines for Campus**
  - School Meals and After School Snacks and *After School Suppers*
  - Competitive Foods and Beverages Sold
  - *Access to Free Drinking Water During Meal times*
- **Nutrition Education, *Nutrition Promotion* and Physical Activity Goals**
  - Other School Based Activities to Promote Wellness
- **Involvement of Stakeholders in *Implementation and periodic review and update of policy***
  - *Expands to permit physical education teachers and school health professionals*
- **Implementation –Measure and *make available an assessment of implementation***
  - Designee for operational responsibility
- ***Public Notification-Informing and Updating Public about content and implementation of wellness policy***



# **Basic Sections of a Wellness Policy for 2010**

- **Preamble or Introduction**
- **Stakeholder Committee and designee**
- **Nutrition Guidelines**
- **Goals (nutrition education, physical activity, nutrition promotion, other school based activities)**
- **Policy Development, Implementation, Public Notification and Evaluation**



# Let's Rate It!



Factor	Strong	Fair	Weak
<i>Comprehensiveness</i>			
<i>Language Strength</i>			
<i>Specificity</i>			



School-based Health Centers

## SBHCs...

# Getting Involved in Local School Wellness Policy



## And Now For a Word From the Local Perspective

*Katie Riemer, Health Educator*

Tiger Clinic SBHC

Fremont Federation High School

East Oakland, CA

*Lamont Snaer, School-Based Services Director*

Rosa Parks LifeLong Medical Care

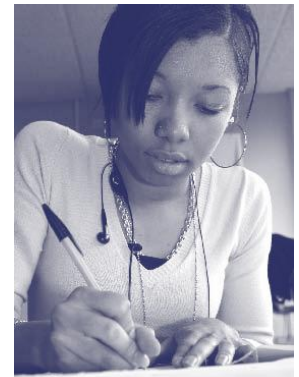
West Oakland Middle School

Oakland, CA



# SBHC and Wellness Policy- How to Get Started

- Be Familiar with Federal, State and Local Requirements
- Review Your District's Policy/SBHC MOU
- Compare to Federal, State and Local Requirements
- Assess the School Environment
- Select additional language that further strengthens or enhances the basic policy
- Think about what steps you would take to recommend revisions to the policy





# What's Next?



- Join the School Wellness Committee
- Help Implement the Current Policy
- Build Support for SBHC
- Modify the Policies
- Stay Involved in the Effort
- Celebrate Your Successes!





# Questions?

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