

# Nutrition Education Opportunities in School Based Health Centers

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Community Nutrition Adviser



Feb. 26, 2016

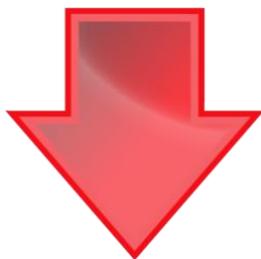


# The role of good nutrition in building healthy students

Healthy eating and physical activity are linked with:



- \* Academic Success
- \* Health and Well-being



- \* Risk for Obesity
- \* Risk for Chronic Conditions (e.g., osteoarthritis)
- \* Risk for Chronic Diseases (e.g., cancer)



# Obesity

Not just an adult concern anymore...

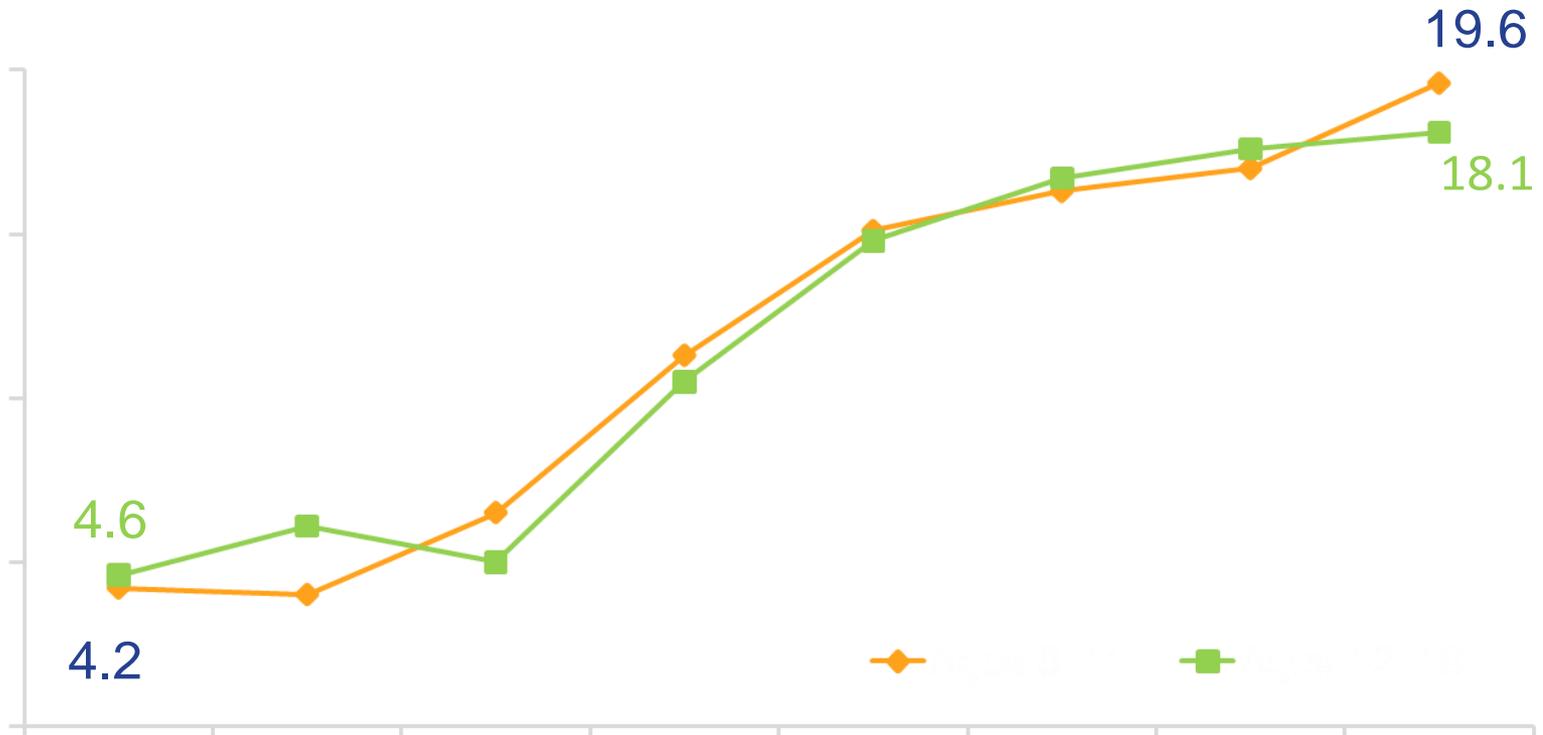


## Conditions Seen in Children

- \* High Cholesterol
- \* Type 2 Diabetes/  
Impaired Glucose Tolerance
- \* High Blood Pressure
- \* Social Problems and  
Poor Self-Esteem
- \* Sleep Disturbances
- \* Orthopedic Problems



# Percentage of U.S. Children and Adolescents Classified as Obese, 1963–2008\*



\*>95th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts.

\*\*1963–1970 data are from 1963–1965 for children 6–11 years of age and from 1966–1970 for adolescents 12–17 years of age.

Source: NCHS. Health, United States, 2010: With Special Feature on Death and Dying. Hyattsville, MD. 2011



# Academic Achievement

## Academic performance

- Class grades
- Standardized tests
- Graduation rates

## Education behavior

- Attendance
- Drop out rates
- Behavioral problems at school

## Students' cognitive skills and attitudes

- Concentration
- Memory
- Mood



# Inadequate nutrition is a health-risk behavior associated with poor academic achievement:

- Participating in school breakfast or lunch programs was associated with improvement in grades, standardized test scores and school attendance.
- After adding specific nutrients\* missing from students' diets, academic performance improved.  
\*Fruits, Vegetables, Dairy products



<http://www.chronicdisease.org/?page=SchoolHealthPubs&hhSearchTerms=%22do+health+and+education+agencies%22>



# Healthy Eating and Academic Achievement

Dietary Behavior/Issue	Related Academic Achievement Outcomes
<b>Participation in the School Breakfast Program (SBP)</b>	<ul style="list-style-type: none"> <li>• Increased academic grades and standardized test scores</li> <li>• Reduced absenteeism</li> <li>• Improved cognitive performance</li> </ul>
<b>Skipping breakfast</b>	<ul style="list-style-type: none"> <li>• Decreased cognitive performance</li> </ul>
<b>Lack of adequate consumption of specific foods (fruits, veg, dairy)</b>	<ul style="list-style-type: none"> <li>• Lower grades</li> </ul>
<b>Deficits in specific nutrients</b>	<ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absenteeism and tardiness</li> </ul>
<b>Insufficient food intake</b>	<ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absenteeism</li> <li>• Repeating a grade</li> <li>• Inability to focus</li> </ul>



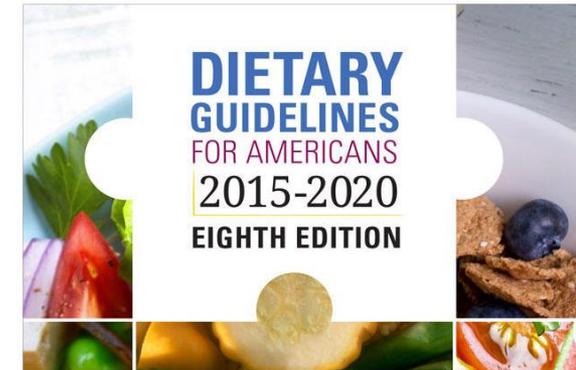
# Physical Activity and Academic Achievement

Physical Activity Practice	Related Academic Achievement Outcomes
Students who are physically active	<ul style="list-style-type: none"> <li>• Have better grades, better school attendance, and better classroom behaviors</li> </ul>
Higher physical activity and physical fitness levels	<ul style="list-style-type: none"> <li>• Improved cognitive performance</li> </ul>
More participation in physical education class	<ul style="list-style-type: none"> <li>• Better grades, standardized test scores, and classroom behavior</li> </ul>
Time spent in recess	<ul style="list-style-type: none"> <li>• Improved cognitive performance and classroom behaviors</li> </ul>
Participation in brief classroom physical activity breaks	<ul style="list-style-type: none"> <li>• Improved cognitive performance, classroom behaviors, and education outcomes</li> </ul>
Participation in extracurricular physical activities	<ul style="list-style-type: none"> <li>• Higher GPAs, lower drop-out rates, and fewer disciplinary problems</li> </ul>



# Dietary Guidelines for Americans 2015-20: A Focus on Healthy Eating Patterns

- Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.
- A healthy eating pattern includes:
  - A variety of vegetables (from all sub-groups)
  - Fruits, especially whole fruits
  - Grains, in which half are whole grains
  - Fat-free and low fat dairy (including milk, yogurt, cheese and fortified soy beverages)
  - A variety of protein foods (including seafood, lean meats & poultry, eggs legumes, nuts, seeds, and soy products)
  - Oils
- A healthy eating pattern limits:
  - Saturated fats and trans fats, added sugars, and sodium



# Dietary Guidelines for Americans and MyPlate: Key Recommendations

## ■ Consume more:

↑ fruit  
↑ vegetables  
↑ whole grains  
↑ low-fat or fat-free dairy

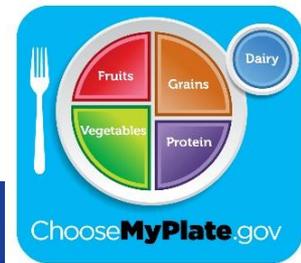
## ■ Increasing consumption of these food groups will help supply these

### “nutrients of concern”:

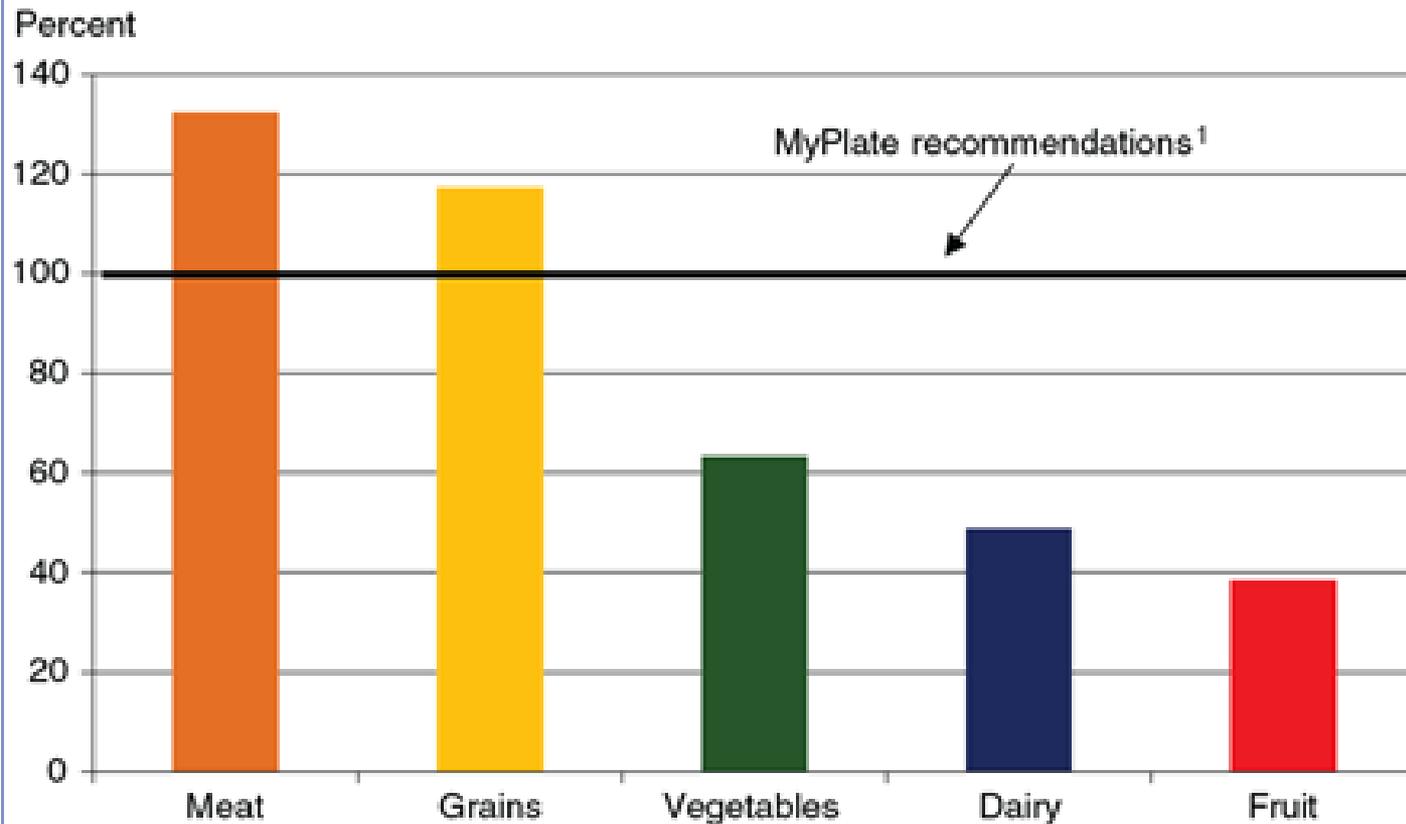
↑ calcium  
↑ potassium  
↑ vitamin D  
↑ fiber



# US Consumption Compared to MyPlate



U.S. consumption in relation to MyPlate food group recommendations, 2011



Note: Rice data were discontinued and thus are not included in the grains group.

<sup>1</sup>Based on a 2,000-calorie diet.

Source: USDA, Economic Research Service, Loss-Adjusted Food Availability Data. Data as of February 2013.



# Schools Role in Obesity Prevention: California Results

Survey by Field Research Corporation on behalf of Kaiser Permanente

89%

adults favor the  
new USDA  
school nutrition  
standards

90%

parents feel  
nutrition  
education is  
highly important



9 out of 10 parents say K-12 schools  
should play a role in reducing obesity  
in their community

78%

adults endorse  
extending new  
standards  
beyond  
mealtime

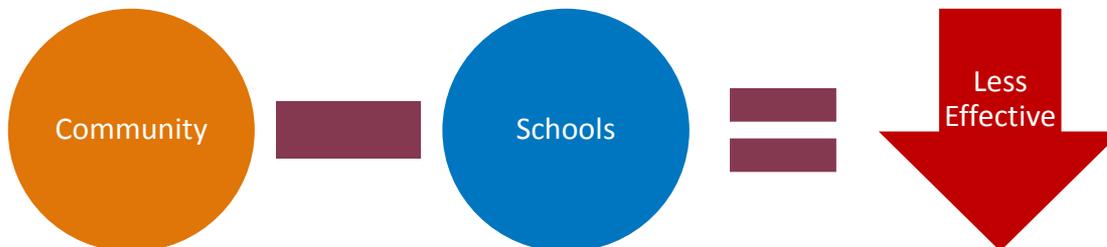
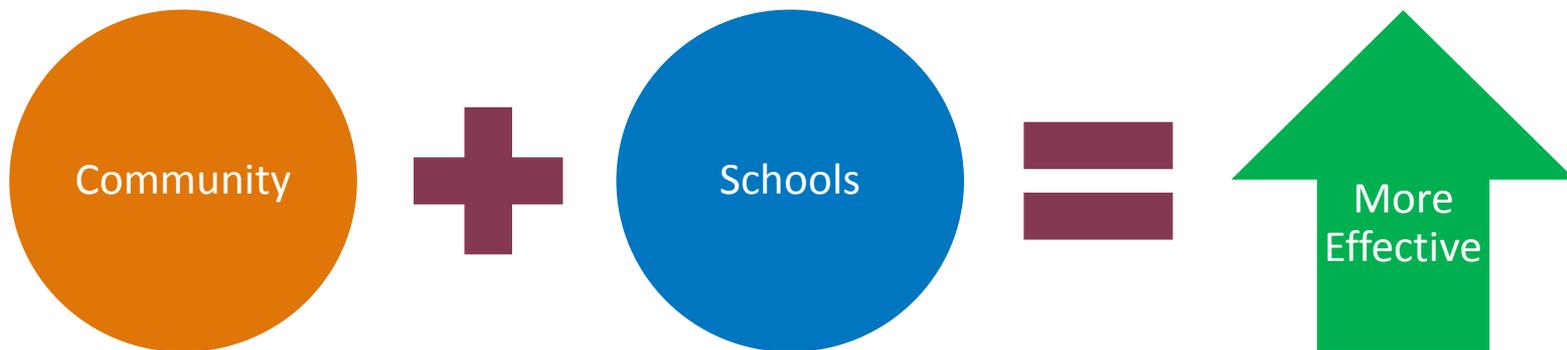
<http://share.kaiserpermanente.org/article/survey-americans-expect-schools-to-lead-in-preventing->



# Review of Community-Based Childhood Obesity Prevention Studies

American Academy of Pediatrics

Published July 12, 2013



**QUESTION:**

Do health and education agencies in the United States share responsibility for academic achievement and health?

**ANSWER:**

An undeniable “yes”



“With this persuasive evidence about the relationship between health-risk behaviors and academic achievement, it is imperative that leaders in education and health act together to make wise investments in our nations school-age youth...”



<http://www.chronicdisease.org/?page=SchoolHealthPubs&hhSearchTerms=%22do+health+and+education+agencies%22>



# CDC's School Health Guidelines

- 
- 
1. Policies and Practices
  2. School Environments
  3. Nutrition Services
  4. Physical Education and Physical Activity
  5. Health Education
  6. School Health Services
  7. Family and Community
  8. School Employee Wellness
  9. Professional Development



# Nutrition Services: School Meals

Building Blocks for Healthy Children report by IOM

Access to  
nutritious,  
low-cost meals

Support growth  
and  
development

Foster healthy  
eating habits

Safeguard  
children's health

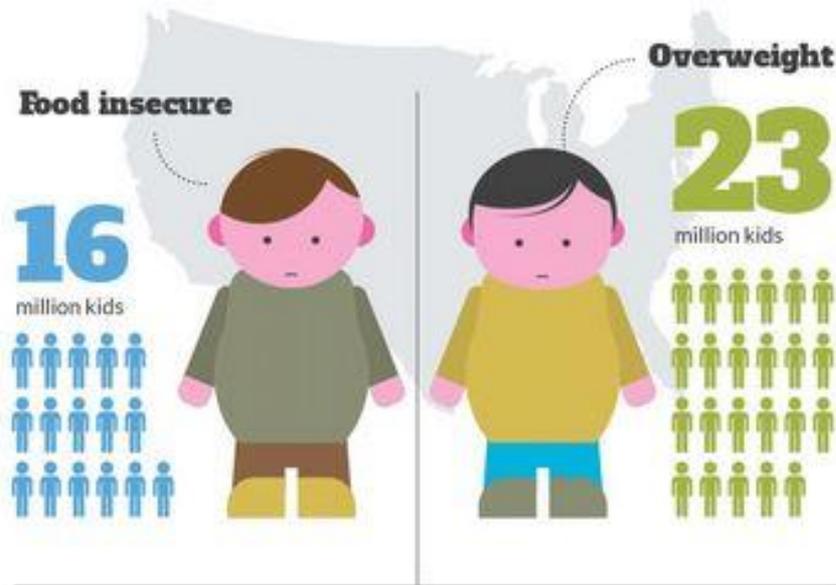
Based on Dietary  
Guidelines for  
Americans

Increase  
availability of key  
food groups

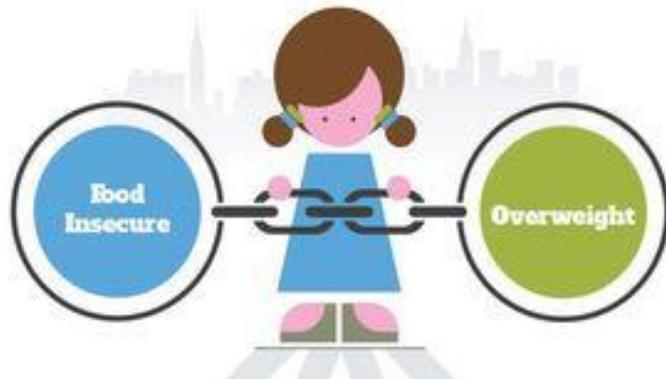


# Nourish to Flourish

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.



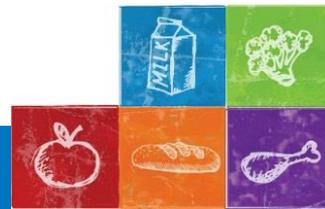
**The Reality of Being Overweight and Food Insecure**  
**They are linked.**

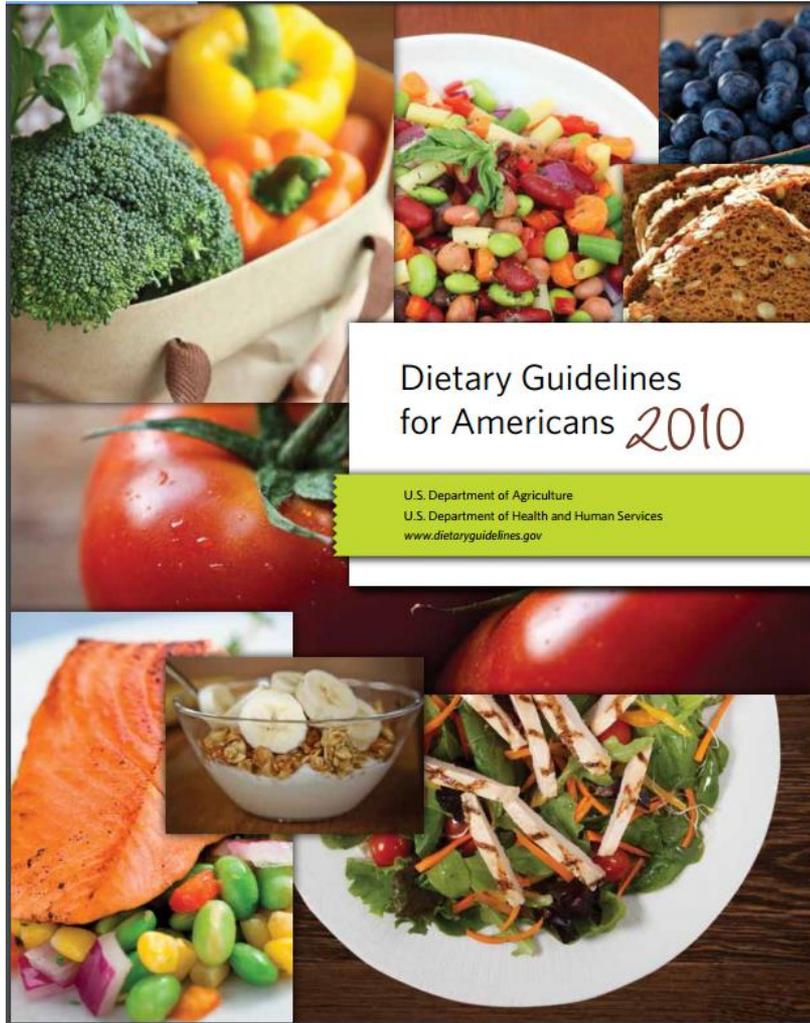


## Did you know?

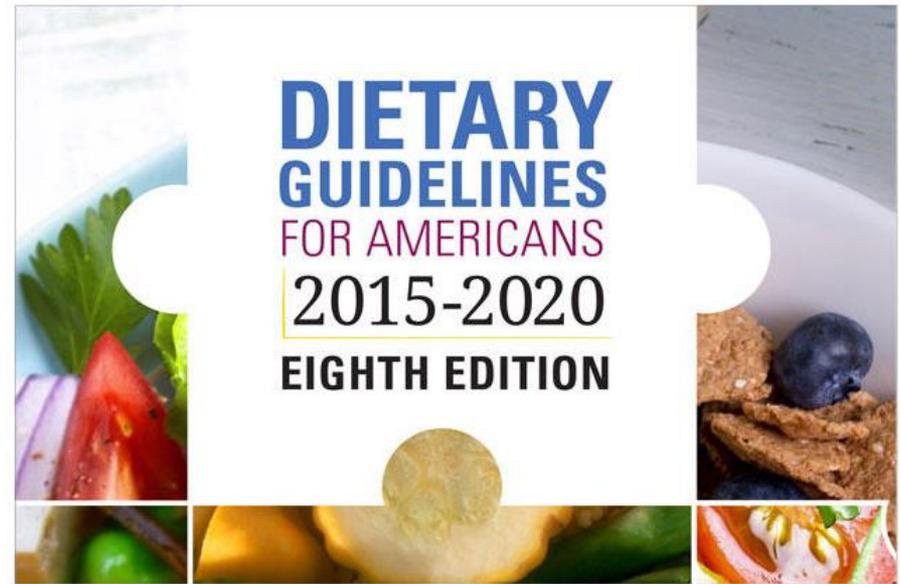
The **National School Lunch Program** was created in 1946 "as a measure of **national security**, to safeguard the **health** and **well-being** of the **nation's children**."

Source: National School Lunch Act, Section 2, Public Law 396, 79th Congress, June 4, 1946





Current National School Lunch Program nutrition standards are based on the 2010 Dietary Guidelines for Americans. We are currently in a reauthorization period and anticipate potential changes based on the newly released 2015-20 Dietary Guideline.



# School cafeterias can help influence healthy food choices



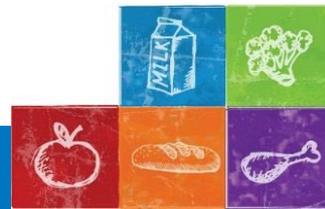
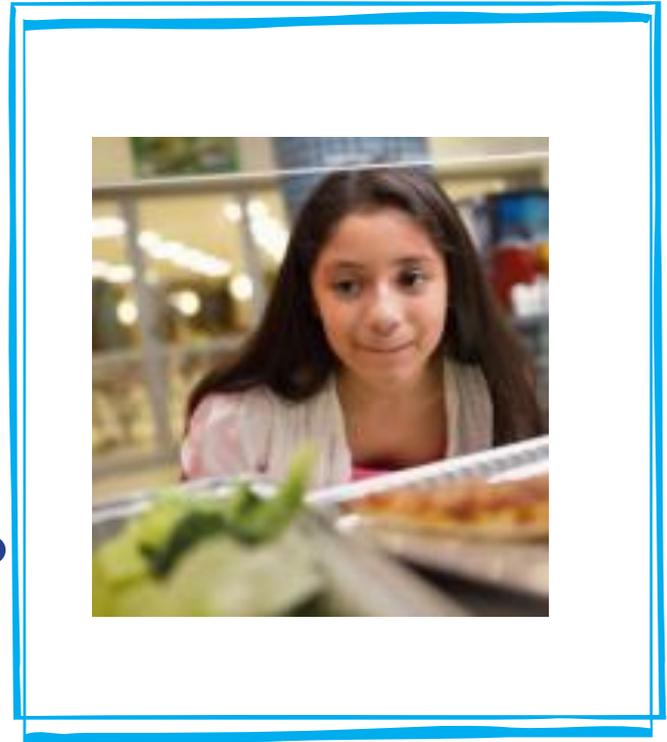
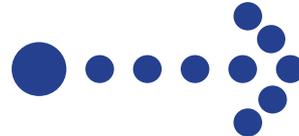
Healthy choice is the easy choice



Nutritious foods are appealing



Includes student involvement



# Health Education

Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.



# Nutrition Education Defined

“Any combination of educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of food choices and other food and nutrition related behaviors conducive to health and well-being and delivered through multiple venues.”

Contento, Nutrition Education: Linking Research, Theory, and Practice, 2<sup>nd</sup> ed. 2010, p14



# Dairy Council of California

*Healthy Eating Made Easier*®

Dairy Council of California started in 1919 with a mission of “educating the public about the food value of dairy products.”

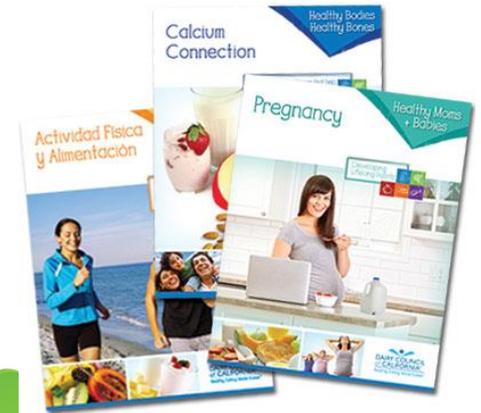


Cause: To elevate the health of children and parents in CA through the pursuit of healthy eating habits and lifelong values for milk and milk products.



# Dairy Council of California: Experts in Nutrition Education

Registered Dietitian Nutritionists, research specialists and education experts put the pieces together to integrate nutrition into health.



**Nutrition Education Resources**  
Dairy Council of California's research-based print programs and online tools promote healthy behaviors throughout multiple stages in life.





Nearly **2.5 million students** receive nutrition education programs from Dairy Council of California each year.

**89%** of eligible California elementary schools use our programs.  
More than **1,700 schools** taught our nutrition programs at every grade level last year.



**4.2 million adults + parents** are educated by Dairy Council of CA including **1.5 million parents** through school programs.

Dairy Council of California educates more than **400,000 students** in 700 schools through our Mobile Dairy Classroom program.



Dairy Council of California helps build healthy communities by working with 7,500 schools, 55,000 teachers, 4,000 community leaders and organizations such as California Department of Education, California Dietetic Association, California Parent Teacher Association, California WIC, First5, UC Cooperative Extension and California School Nutrition Association.

Based on 2013-2014 data.



# Effective Nutrition Education Program in K-12 Schools

## Nutrition Promotion

- Posters
- Bulletin Boards
- Newsletters
- Marketing

## Food

- Taste Testing
- Planning
- Purchasing
- Cooking
- Food Safety

## Literacy

## Classroom Nutrition Education

- USDA Dietary Guidelines for Americans
- Based on health education standards
- Part of a comprehensive health education program
- Integrates nutrition knowledge and skills
- Encourages experiential learning
- Assesses knowledge, skills and behaviors
- Engages family and community
- Incorporates the physical environment
- Aligns to Common Core State Standards



# Nutrition Education Evaluation Results

Knowledge of food groups

Nutrient-rich food choices

Physical activity

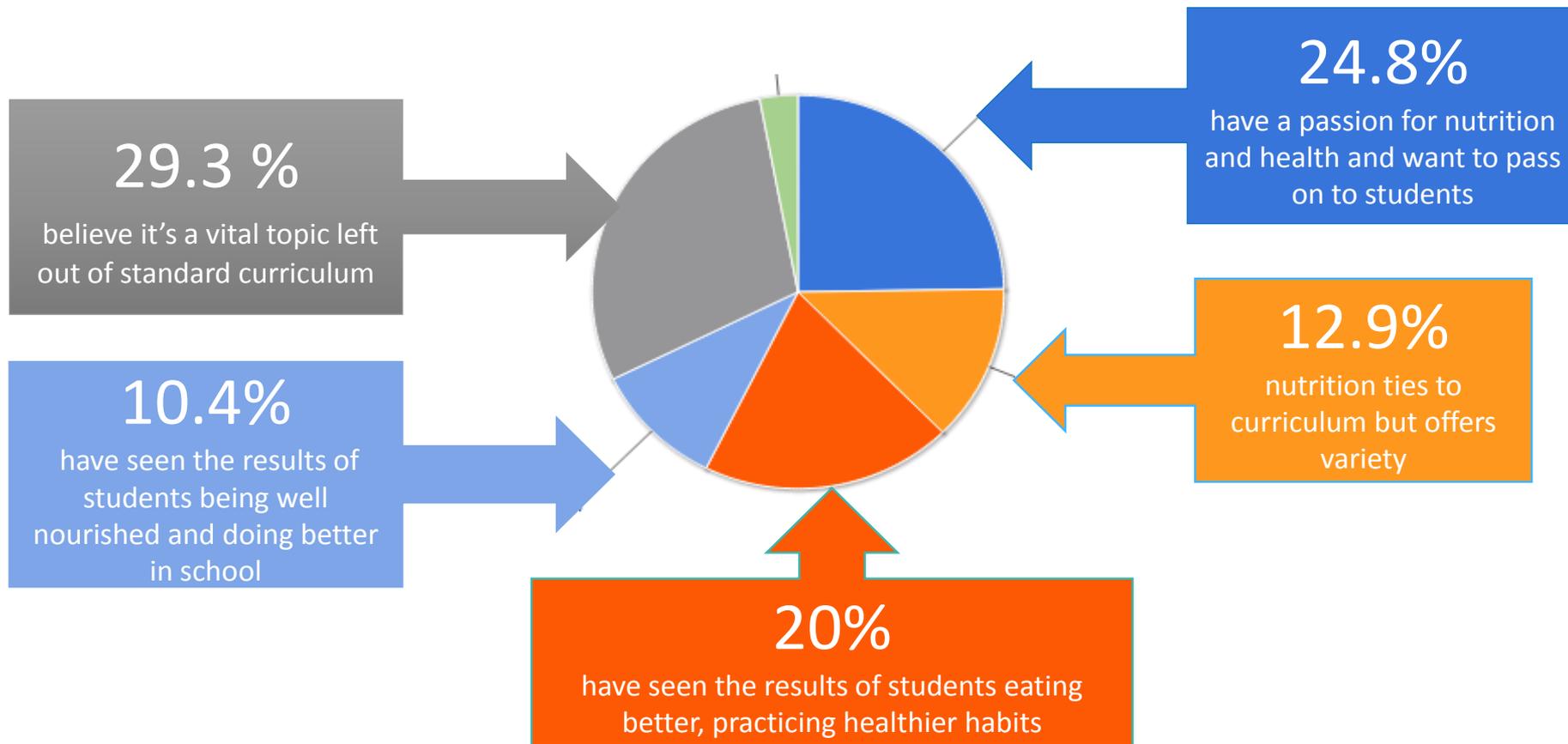
Extra foods

High sugar beverages

Screen time



# Top reason why teachers teach nutrition: What 2,084 teachers say



# What teachers are saying about nutrition education

I see them making healthier choices in the lunch line, such as making sure they get their fruits and vegetables.

1<sup>st</sup> grade teacher  
Helen L. Dollaham Elementary

I am happy to report my students are making much better choices in the lunch line.

4<sup>th</sup> grade teacher  
Peabody Charter School

I love when their parents tell me that they are being served too much of something.

Kindergarten teacher  
Walnut Park Elementary

I had two former students come back and report that they were now eating healthy because I had taught them how and why.

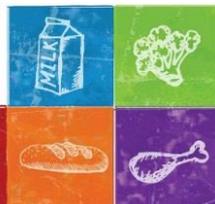
Kindergarten teacher  
Westminster Avenue Elementary



# Support from your local Community Nutrition Advisor

A Dairy Council CNA can help:

- ❖ strengthen classroom/cafeteria connections.
- ❖ provide professional development/education needs related to healthy eating from all food groups.
- ❖ Help support action of local school wellness policies.
- ❖ Provide nutrition resources to support your education efforts.



# Partnership Overview

For the 2015-2016 school year, Dairy Council of California and the California School-Based Health Alliance (CSHA) have partnered to bring nutrition education, tools, resources and support to school-based health centers (SBHCs) throughout California.





# Nutrition Education Needs of SBHCs

- ★ Comprehensive, flexible, individualized and youth-friendly
- ★ Skills-based
  - ★ Most common identified needs: label reading, portion control, cooking healthy meals, and shopping in food deserts and corner stores.
- ★ Considers traditional food and eating practices and includes appropriate language and cultural resources
- ★ Relevant to the low-income individual
- ★ Includes parent education and involvement



# Nutrition Education Toolkit

## HealthyEating.org/SchoolHealth



- Schools Overview
- ▶ Classroom Programs
- Teacher Training
- ▶ Mobile Dairy Classroom
- Administrators
- Parent Nutrition Education
- ▶ School Wellness
- ▶ Evaluation
- ▶ School Foodservice
- More School Resources
- ▶ Tips + Trends

### Bring #HealthyStudents to Your School

Every child deserves to be healthy and successful. The most effective way to elevate the health of children is to create a comprehensive model of community health, one that provides a foundation of education and impacts the environment in which the student lives, learns and plays.

Dairy Council of California has partnered with [California School-based Health Alliance](#) to elevate the health and academic success of California students by offering the resources and support outlined below. Learn more about California School-based Health Alliance [offerings](#).



### Activate School Wellness

Your Local School Wellness Policy can be implemented to affect vast change in your school and create a culture of wellness for your students. Here are some ideas to get an effective policy in place:

- \* Access [resources we've compiled](#) to assist you in developing and implementing your Wellness Policy.
- \* [Evaluate your policy](#), then [review policies from throughout California](#) for ideas and inspiration.
- \* [Contact Dairy Council of California staff](#) for help on implementing or updating your policy.



- ★ Online resources
- ★ Print resources
- ★ Turnkey presentations
- ★ Posters and healthy eating messaging
- ★ Professional development



# Stay Connected: Nutrition Connections Newsletter



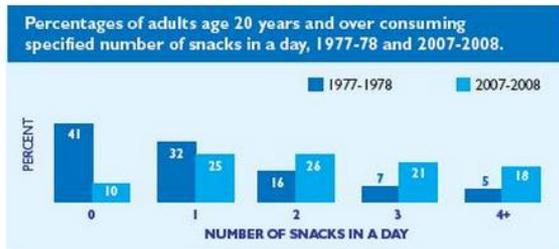
- Health + Wellness Providers Overview
- Nutrition Education Booklets
- Booklet Evaluations
- Student Training
- Booklets
- Professional Development
- Workplace Wellness
- Nutrition Information
- FAQ
- Additional Resources

## from Occasional to Ubiquitous to Opportune



As recently as [30 years ago](#), most adults snacked only once a day or not at all. Now both the number of adults snacking and the number of snacks eaten have increased. Two-thirds of adults snack 2 or more times a day, and some report consuming 4 or more snacks daily.

According to market research, more than a third of [millennials reported](#) snacking more compared to a year ago, with 26- to 30-year-olds indicating 3 or more snacking occasions per day. Snacking [by teens](#) has also increased, with 83 percent of adolescents eating at least one snack on any given day. [Children consume](#) about 3 snacks per day, comprising more than 27 percent of their calories and consisting mostly of desserts and sweetened beverages.



categories through packaging, portion size or type of ingredients.

Rather than defining snacks by time of day and/or by type of sweet or salty treat, distinctions between meals and snacks are now blurred. Foods can be eaten as snacks or alongside main meals since [food manufacturers](#) have made it easier for consumers to decide for themselves whether a food is a meal or snack by not pigeonholing products into defined

Interview with Keith-Thomas Ayoob, EdD, RD, FAND.

## Schools and Snacking

[Smart Snacks in School](#) nutrition standards require dairy, vegetables, fruits, whole grains and protein sources and set specific limits on calories, fats, sugar and sodium. Smart Snacks in School sets limits on what can be sold through school vending machines, a la carte lunch lines, student stores and fundraising events. These limits do not apply to foods brought from home as bagged lunches or for birthday parties, off-campus



# Messages to help Build Support for this Movement



- ★ Healthy students are better learners
- ★ Schools can influence eating and physical activity behaviors
- ★ Healthy, successful students help build strong communities
- ★ All students deserve the opportunity to be healthy and successful



# Questions?

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