

Healthy Schools Act: What is It and How Are Schools Doing?

Office of the State Superintendent of Education
Wellness and Nutrition Services Division
Healthy Schools Act Initiatives Team



Wellness and Nutrition Services

- Works with schools and community based organizations to promote positive, healthy behaviors, and the quality of life for children and youth in the District of Columbia
 - Child and Adult Care Food Program (CACFP)
 - DC Free Summer Meals Program
 - Federal Emergency Food Assistance Program
 - Healthy Schools Act Initiatives
 - School Programs (NSLP and SBP)



Healthy Schools Act Initiatives

- Established as a component of the DC Healthy Schools Act (HSA) to monitor compliance with the HSA and provide technical assistance and training to schools around the following areas:
 - Farm to school
 - School gardens
 - Environmental literacy
 - Local wellness policies
 - Healthy vending, fundraising, and prizes
 - Physical activity, physical education, and health education

Healthy Schools Act Initiatives

- Healthy Schools Act Initiatives is also responsible for data collection around the Healthy Schools Act (HSA) and evaluation of changes in programmatic, behavioral, and health outcomes occurring as a result of HSA implementation.



DC Healthy Schools Act

DC Healthy Schools Act

- Passed by DC City Council in May 2010
- Comprehensive school health and wellness legislation
- Provides local funding to assist schools with compliance
- Funded by sales tax on sugar-sweetened and artificially sweetened beverages

DC Healthy Schools Act

- [Video](#)

School Nutrition

- Nutritional standards for school meals
- Free breakfast
- No reduced-price meal category



School Nutrition

- Additional reimbursement to schools of 25 cents/meal/day
- At least 30 minute for students to eat lunch and sufficient time to pass through the food service line

2013-2014 School Year:

- Schools averaged 34 minutes for lunch

School Nutrition

- Cold, filtered water available free to students during meal times

2013-2014 School Year:

- 95% compliance

- Healthy vending, fundraising, and prizes, and limits on advertising of unhealthy foods

2013-2014 School Year

- 13% of schools had a vending machine, of those 96% were in compliance with the HSA
- 31% of school sold food or beverages for fundraisers

School Nutrition

- No third party may sell food or beverages on school property from 90 minutes before to 90 minutes after the school day
- Must promote healthy eating to students, faculty, staff and parents

2013-2014 School Year:

- Schools use posters (77%), handouts and brochures (53%) and meal time presentation (31%) to promote healthy nutrition habits

Nutrition Education & Promotion

- How do we promote healthy eating to students, faculty, staff and parents?

1. Professional Development:

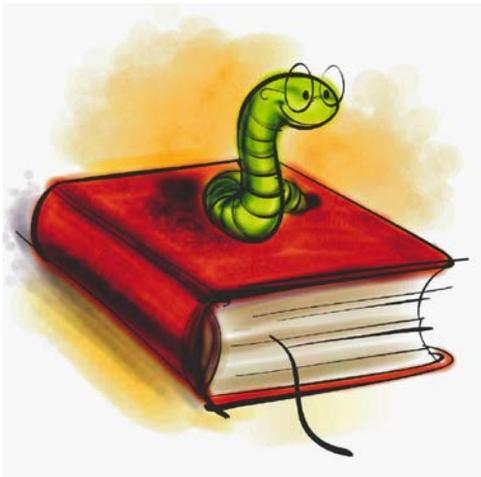
- Nutrition 101
- Integrating Nutrition Education into the Curriculum
- Overview of Local and Federal Nutrition Standards for School Nutrition Programs



Nutrition Education & Promotion

2. Provides Resources:

- HSA Approved Booklist
- Nutrition Education curricula recommendations
- Connect schools with Community Based organization



Nutrition Education & Promotion

3. Develop or Participate in School & Community Events

- Wellness Days
- High school Career Days
- Food Day – Center for Science in the Public Interest
- Growing Healthy Schools Week
 - Host a Dietitian
 - 5K Fun Run & Walk



Farm to School and School Gardens

- Local foods served as part of school meals
 - 2013-2014 School Year:
 - 80% of schools provided locally grown or processed/unprocessed foods
- Promoting and tracking local procurement
- Farm field trips & USDA Farm to School Grant
 - 2014-2015 School Year:
 - 23 farm field trip grants
 - 15 school participate in Harvest of the Month program
- District-wide events

Farm to School and School Gardens

- 107 active school gardens
- School Garden Grants (~\$1M over four years) and Farm Field Trip Grants (~\$25,000 for first year)
- Training for teachers and School Garden Coordinators in incorporating farm to school and school garden concepts into the classrooms
- FoodCorps



Environmental Literacy

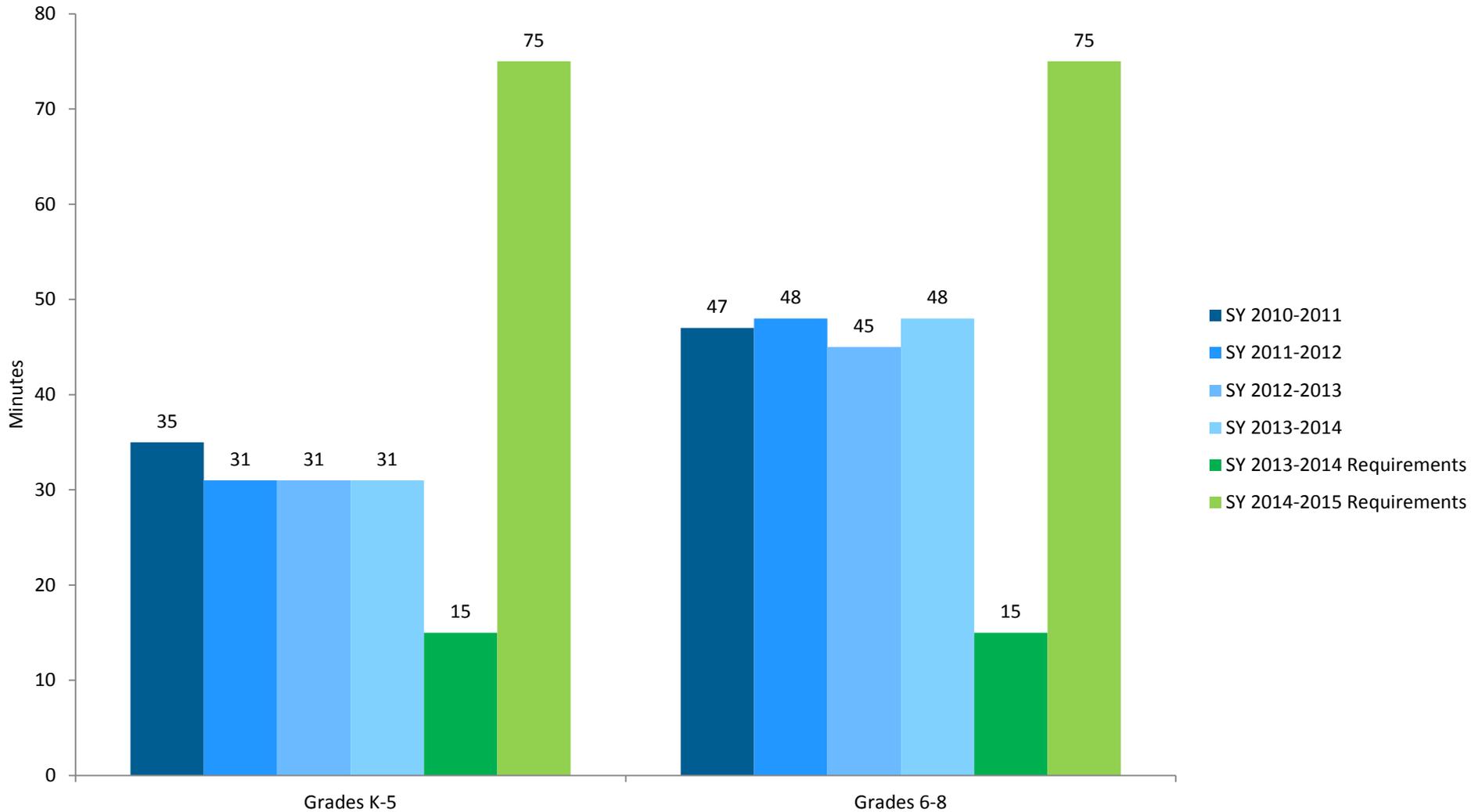
- Environmental Literacy Plan and Framework developed
- Environmental Literacy Coordinator starting at OSSE next week



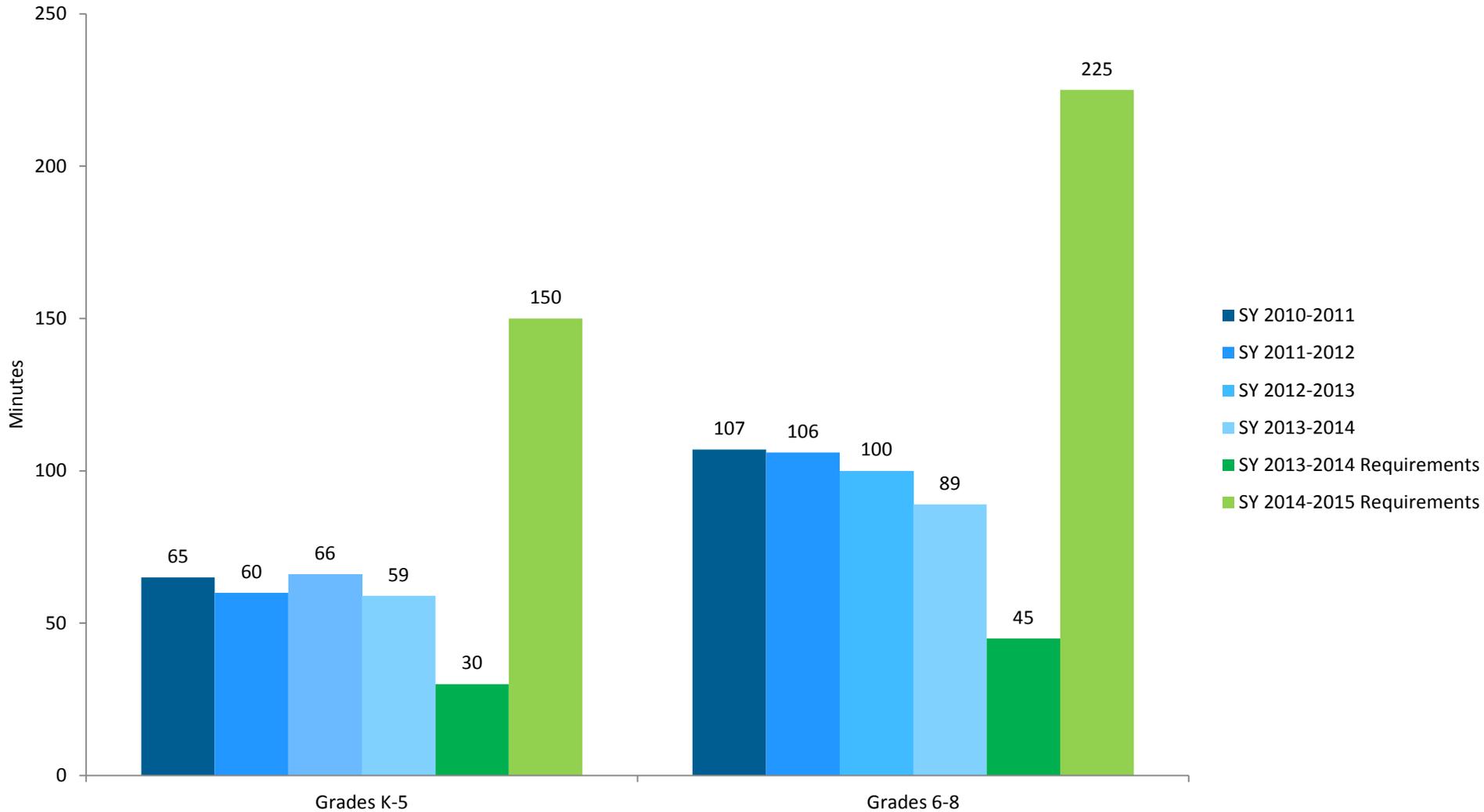
Physical Education/Physical Activity

- PE and HE Minutes
- 50% of PE moderate to vigorous PA
- Promote 60 minutes of physical activity daily
- Include PA before, during and after the school day
- Physical activity neither withheld nor required as punishment
- DC Physical Activity (DC PAY) Grants (~\$600,000 over past three years)

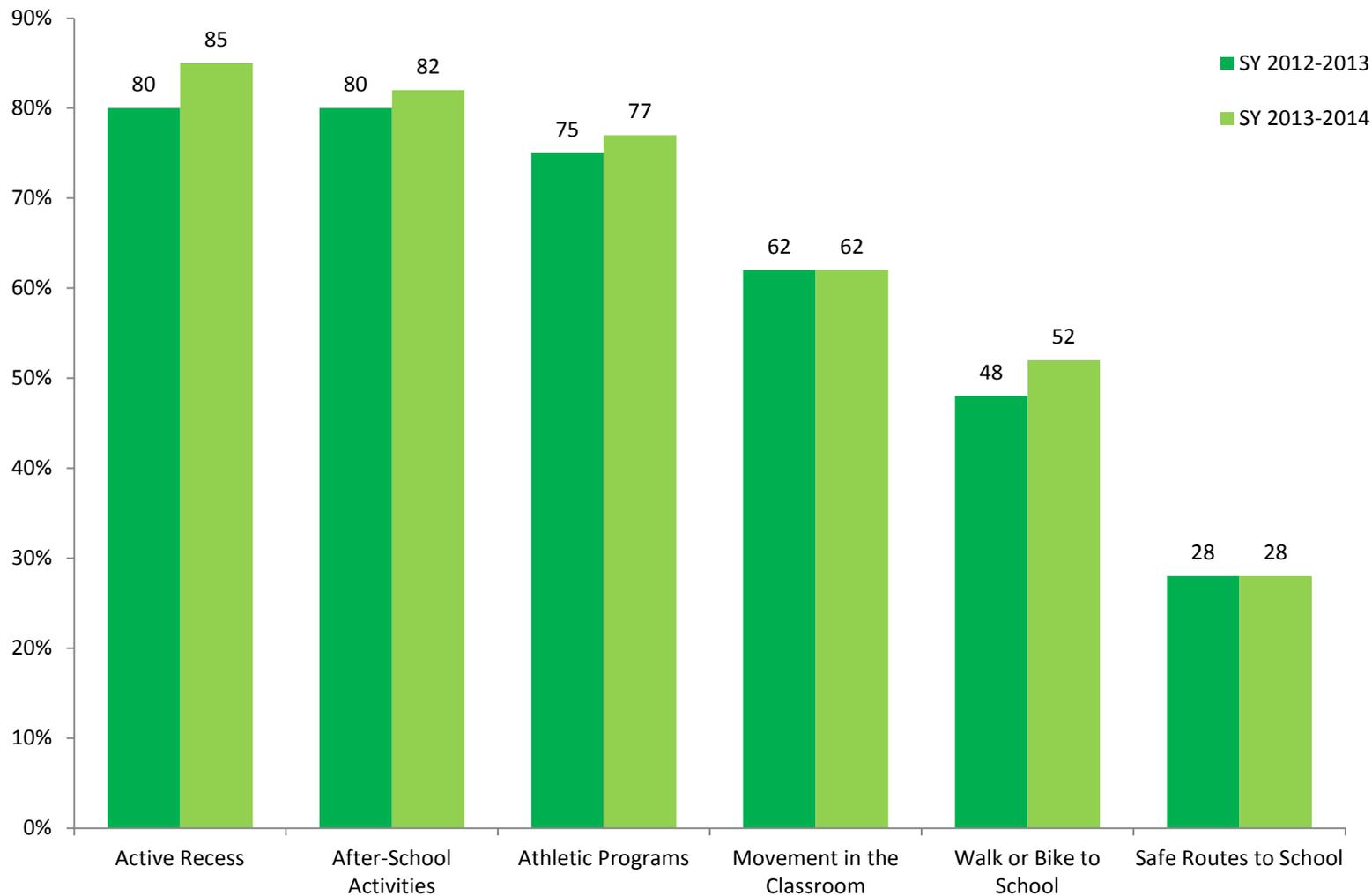
Minutes of Health Education



Minutes of Physical Education



Physical Activity - SY 2013-2014



Local Wellness Policies (LWP)

- A tool for local education agencies (LEAs), school districts, and parents used to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals meet federal nutrition guidelines and standards.

2013-2014 School Year:

- 95% of schools implement their LWP
- Schools share their LWP with administrators (78%), food service staff (69%), and the PTA/PTO (65%), among other groups. 43% of schools have their LWP on their website.

Local Wellness Policies (LWP)

- All 67 LEAs have OSSE-approved LWPs
 - OSSE provides technical assistance in the development, implementation, and revision of LWPs and the development of active School Wellness Councils
 - OSSE monitors compliance with LWPs through site visits

Local Wellness Policies (LWP)

- What can parents and educators do?
 - Ask about your Local Education Agency's LWP and become familiar with it
 - Become a wellness champion and work with/establish the School Wellness Team
 - Model positive health behaviors in the classroom and at home

School Wellness Teams (SWT)

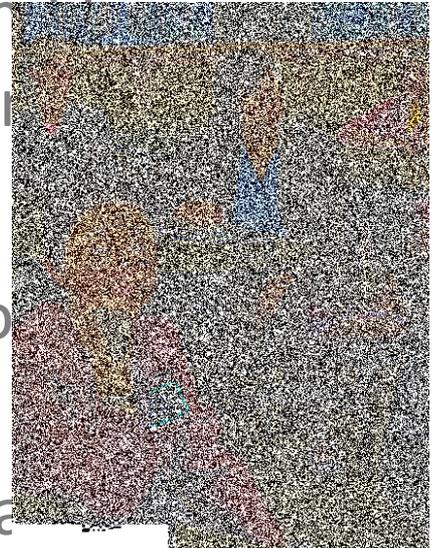
- A School Wellness Team (SWT) is a group of individuals working together to lead and implement all aspects of developing a healthy school environment

(Alliance for a Healthier Generation)

- The Team's purpose is to advise and support the school in meeting its wellness goals, implementing its LWP, and creating a healthier school environment overall

School Wellness Teams (SWT)

- Areas of focus for the SWT
 - Nutrition education and promotion activities
 - Marketing and advertising of foods and beverages that meet USDA Smart Snacks standards
 - Physical activity opportunities
 - Other school-based activities that promote student wellness
 - Develop, implement, review and update the school wellness policy
 - Periodic measurement of school's compliance with LWP and HSA



Accountability and Evaluation

- HSA Monitoring Visits
- Verification of Meal Pattern Compliance
- HSA & CDC School Health Profiles
- Youth Risk Behavior Survey
- Health Outcomes (BMI)
- PARCC

How Can We Help You?

- Grants
- Training
- Technical Assistance
- Resources
- Get in touch if you have a question:
NichelleL.Johnson@dc.gov
Grace.Friedberger@dc.gov

How Can You Help Us?

- Integrate physical activity into the classroom
- Integrate nutrition, farm to school and school garden concepts into the classroom
- Take your kids to the school garden (if you have one, if you don't apply for a grant!)
- Serve on your School Wellness Team
- Spearhead applications for OSSE or other health/wellness grants
- Support school meals (eat with the kids, say they look delicious, etc.)
- Promote healthy fundraising and incentives



Questions?