





**Donna Oberg MPH, RD, CD**  
**Donna Johnson RD, PhD**

**Healthy School Summit  
2009**

**King County Board of Health**

**Advocates for Healthy School Nutrition**

**Donna Oberg MPH, RD CD**  
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Prevention Committee**  
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**King County Board of Health**

- 3 - Seattle City Council Members
- 3 - King County Council Members
- 2 - Suburban Cities representative
- 3 - Health professionals




**King County Board of Health**

**BOH POTENTIAL ACTIONS:**

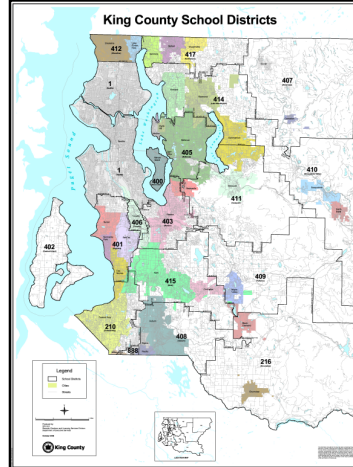
- Legislation – Resolutions and Regulations
- Sponsor meetings on health issues
- Resources – TA & Coordination
- Advocacy




## BOH School Obesity Prevention Committee

### BOH: Identified Scope of Work:

- Prioritize several school nutrition policies for the BOH to support
- Identify barriers to implementing these policies
- Recommend BOH plan for advocacy & implementation



### 19 KC School Dist.

2008

Enrollment: 253,238

23% - Free Meals

(59,305 students)

8% - Reduced Meals

(co-pay)

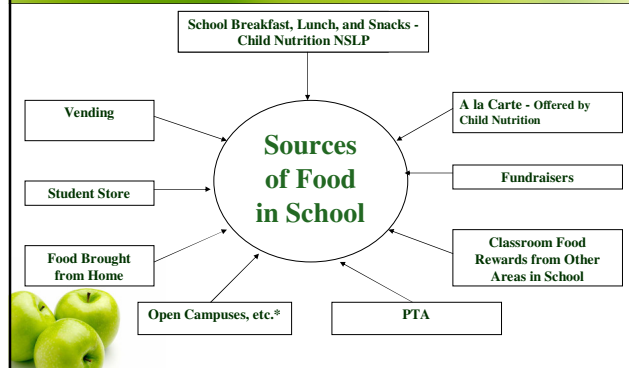
(19,698 students)

## KC BOH School Obesity Prevention Committee

- Asst. Superintendent - 1
  - School Foodservice - 3
  - WA State DECA - Exec. Director
  - Academia- Donna Johnson
  - Public Health - Prevention Mgr
  - PTA/Parent - 2
  - Board of Health Members - 4
- Chair-Boardmember Lambert



## Sources of Food in Schools



## KC BOH School Obesity Prevention Committee

- 5 meetings held in Elementary, Middle and H.S. around county
- Briefings and discussions on issues impacting food environments in schools
- Using BOH actions categories identified potential policies for BOH to address



## Committee Recommendations

### Group process:

- Prioritized potential BOH actions
- Made recommendations to BOH as a resolution



## Resolution 08-12.1

- Distribute & promote Healthy Schools Nutrition Package
- Collaborate with UW to conduct school wellness policy assessment
- Promote Recess before Lunch
- Child Nutrition and WIC Reauthorization Act – advocate for school nutrition
- Support \$.40 co-pay for reduced priced lunches grades 4-12



## Resolution 08-12.1

- Promote importance and participation in school meals
- Encourage school gardens
- Support development of a school nutrition resource website for school administrators, teachers, staff, student, PTA, and parents



## King County Board of Health

### Unanimously Passed Resolution Recommended by Committee



## Recess before Lunch:

### Research found students:

- perform better in classroom
- are ready to focus on learning
- Better behavior – fewer discipline problems
- Students eat better milk, vegetable & entrée



## Recess Before Lunch

### Nutrition Benefits Results:

- Ate 24% more food
- Wasted 30% less food
- Ate 8% more calories
- Consumed 35% more calcium
- 13% more Vitamin A



## Promoting Recess before Lunch

- Letters to 270 KC elementary principles from Chair Kathy Lambert & Committee – 2008 and 2009
- Plans for to submit articles in newsletters and local papers
- Op-Ed – Seattle Times



[www.opi.mt.gov/schoolfood/recessBL.html](http://www.opi.mt.gov/schoolfood/recessBL.html)

## Seattle Times- Op-Ed 4/3/08

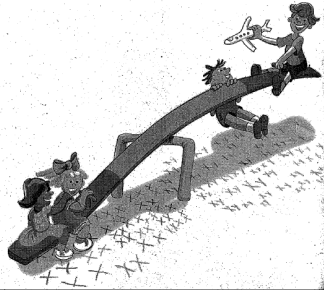
### A lesson in Classroom Logic 101: Play now, eat later, learn more

BY KATHY LAMBERT  
AND AVA REISINGER  
Special to The Times

**O**NE new tool for improving student nutrition and performance goes beyond the lunch line.

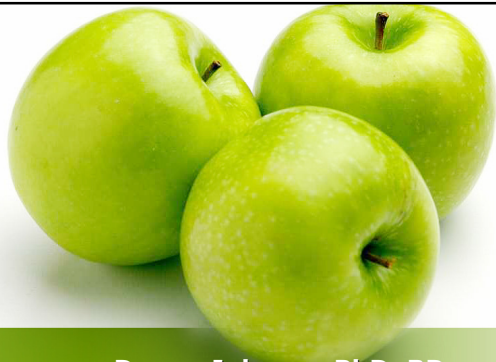
Most schools currently schedule recess after lunch. However, a recent Montana study demonstrates conclusively that a simple change in scheduling offers significant health and learning improvements: Children who ate lunch after being physically active had a higher nutritional intake, improved attention and behavior in the classroom, and lower disciplinary rates.

The King County Board of Health's School Obesity Prevention Committee now supports the Recess Before Lunch, change in scheduling to improve student health as well as academic achievement. When students are not rushing through their food in order to get outside to play, they focus more on eating, creating a healthier meal-time atmosphere. Children are hungrier after exerting energy on the



## Healthy Schools Nutrition Package

- **Promote Recess Before Lunch at elementary schools**
- **Advocate for improved nutrition policies at federal, state and local levels**
- **Develop and promote school nutrition resource website**
- **Results of School Wellness Policy Assessment –conducted by UW nutrition grad students**



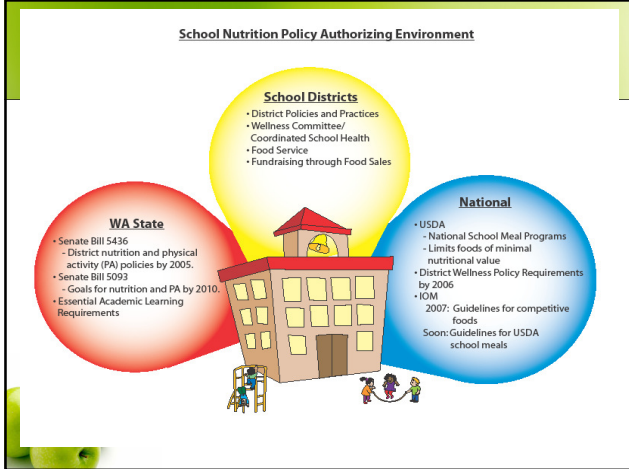
**Donna Johnson PhD, RD**  
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## Purpose of the King County Wellness Policy Assessment

- Provide the King County Board of Health School Obesity Prevention Committee with up-to-date information about the school wellness policies of the **19** school districts in King County
- Investigate the challenges and successes associated with the implementation of these policies
- Enable the committee to make informed recommendations for action to the Board of Health





## Methods: Key Informant Interviews

**Interviews:**

- Superintendents
- Nutrition services administrators
- Health and fitness curriculum coordinators
- School board members
- Representatives of these positions

**Topics:**

- Experience with wellness policies
- Successes in implementation
- Barriers to implementation
- Suggestions for future King Co. BOH action

## Methods: School Wellness Policy Evaluation Tool

**96 policy items in 7 sections**

- USDA Standards
- Competitive Foods and Beverages
- Nutrition Education
- Physical Education
- Physical Activity
- Communication
- Evaluation

**Scores**

- 0= not mentioned
- 1= weak statement
- 2= specific and directive language

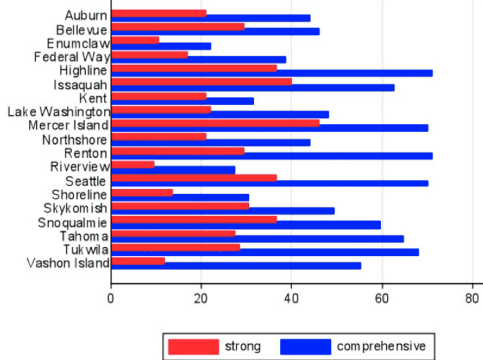
## Methods: School Wellness Policy Evaluation Tool

The example below shows the calculation of sample scores for Section 1.

Section 1. Nutrition Education		Rating
NE1	Federal Requirement: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate.	2
NE2	Nutrition curriculum provided for each grade level.	0
NE3	Coordinates nutrition education with the larger school community.	2
NE4	Nutrition education extends beyond the school environment.	1
NE5	District provides nutrition education training for all teachers.	0
NE6	Nutrition education is integrated into other subjects beyond health education.	1
NE7	Nutrition education teaches skills that are behavior-focused, interactive, and/or participatory.	2
NE8	Specifies number of nutrition education courses or contact hours.	0
NE9	Nutrition education quality is addressed.	2
<b>Comprehensiveness Score</b> <small>Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."</small>		67
<b>Strength Score</b> <small>Count the number of items rated as "2" and divide this number by 9. Multiply by 100.</small>		44
<b>Subtotal for Section 1 Nutrition Education</b>		

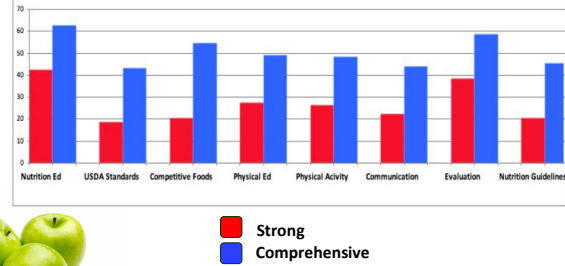
## Results: Policy Evaluation

Overall Strong and Comprehensive Statements



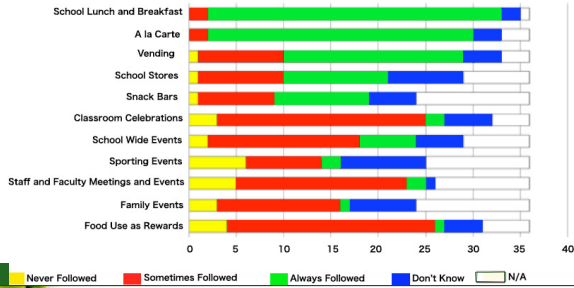
## Results: Policy Evaluation

Mean proportion of strong and comprehensive statements in King County School District wellness policies by topic



## Results: School food environment

To what extent are food policy standards being met in the following settings? (S, N)



n=36

## Results: Curriculum

(n=14 curriculum coordinators)

### Successes

- Integration of curriculum in elementary classrooms or health and science courses
- Effort by staff to encourage healthy eating and activity among students
- Engagement and excitement among staff
- Accountability assured by administration or curriculum committee



## Results: Curriculum

(n=14 curriculum coordinators)

### Barriers

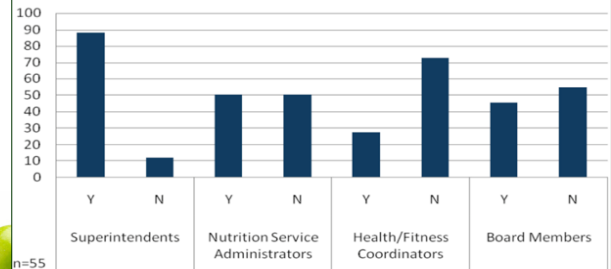
- Finding time in the school day
- Funding for teaching materials and staff training
- Competition with other core learning requirements
- Scheduling PE requirements in elementary school day
- Not having a standardized or proven curriculum
- Culture and language differences



*"Any time there are policies uncoupled with resources they are extremely hard to implement. We need flyers, handouts, resources in many languages." – Health Curriculum Representative*

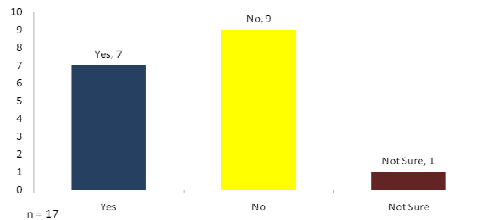
## Results: WA State Senate Bill 5093

Respondents expressing knowledge about Senate Bill 5093



## Results: WA State Senate Bill 5093

Does your district currently have an active school health advisory committee? (5)



## Results: Evaluation

Methods used by districts:

- Informal evaluations
- None
- Evaluation reports for the state and/or BOH
- Full reports with data
- Evaluation on school meals and food only



## Results: Evaluation

### Role of School Board Members:

- Should be active in evaluation and assure implementation is taking place
- Play a visionary role and call attention to issues

### Yearly reporting system should include:

- A general program overview
- Budget information including vending data
- Measures of physical activity, obesity, participation in nutrition programs
- Comparisons to other districts and states



## Results: Evaluation

### Ideas from School Board Members:

- Use an outside evaluator
- Examine how all wellness variables work together to support education
- Use experts to develop a sustainable statewide system for evaluation



## Results: Evaluation

Integration of wellness policy evaluation into annual school improvement planning

### Advantages:

- Keeps policy in the forefront
- Integrates wellness policies with academics

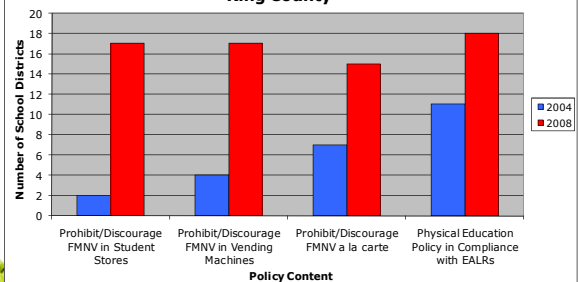
### Disadvantages:

- Unfunded
- Resources and time
- Overstretched staff already struggling to meet academic requirements



## Results: 2004 & 2009

Comparison of 2004 Nutrition and Physical Education Policies with 2008 Wellness Policies in King County



## Results: Wellness policy implementation

### Successes:

- Change in the types of food offered in lunchrooms (27 respondents, 17 districts)
- Vending machine changes/removal (16 respondents, 14 districts)
- Increased awareness of health and nutrition (8 respondents, 5 districts)
- Health and fitness curriculum development and/or assessment (6 respondents, 6 districts)



## Results: Wellness policy implementation

### Barriers

- Time
- Student preferences/competitive foods
- Funding
- Lack of resources
- Breaking parent, student, teacher habits
- Cost
- Loss of revenue
- Lack of communication/coordination
- Staff shortages
- Accountability
- Lack of shared vision/commitment
- Focus on other subjects & testing
- Lack of space
- Cultural values
- Not a value



## Results: Recommendations for BOH

- Partner with school districts and offer assistance in adapting to new regulations
- Provide guidance for districts to obtain funding and material resources
- Promote leadership at the district and principal level in order to increase effectiveness of the policies
- Spread knowledge about the policies and their benefits to King County parents
- Provide tools for monitoring and evaluating successes and failures
- Facilitate communication between districts so they can share information on effective strategies



## Acknowledgements

Donna Oberg, MPH, RD, CD  
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All participating King County school districts  
UW Nutritional Sciences Graduate Students



The full King County School Districts Wellness Policy Assessment Report can be accessed online at:

[http://courses.washington.edu/nutr531/BOH2008/BOH\\_timeline.htm](http://courses.washington.edu/nutr531/BOH2008/BOH_timeline.htm)



## School Board Presentations

### Committee Members –

#### Fall presentations to school boards:

- Provide results of School Wellness Policy Assessments
- Promote implementing the Healthy School Nutrition Package



## HEALTHY SCHOOLS Nutrition Package



## Thank You !

