Healthy School Summit 2009

King County Board of Health
Advocates for Healthy School Nutrition

Donna Oberg MPH, RD CD
Staff - BOH School Obesity Prevention Committee
Public Health Seattle & King Co
donna.oberg@kingcounty.gov

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

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

King County Board of Health

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King County Board of Health

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

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

- School Breakfast, Lunch, and Snacks - Child Nutrition NSLP
- A la Carte - Offered by Child Nutrition
- Fundraisers
- Student Store
- Food Brought from Home
- Classroom Food Rewards from Other Areas in School
- Open Campuses, etc.
- PTA

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

- 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

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
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

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

Seattle Times- Op-Ed 4/3/08

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

Donna Johnson PhD, RD
University of Washington
djohn@u.washington.edu
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
Results: Policy Evaluation

Overall Strong and Comprehensive Statements

Results: School food environment

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

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

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<tr>
<td>Superintendents</td>
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<tr>
<td>Board Members</td>
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Results: WA State Senate Bill 5093

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

- Yes: 7
- No: 6

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)

**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  
Anne Lund, MPH, RD  
Mary Podrabsky, MPH, RD  
Mary Snodgrass, MPH  
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:  
School Board Presentations

Committee Members –
Fall presentations to school boards:
• Provide results of School Wellness Policy Assessments
• Promote implementing the Healthy School Nutrition Package

Thank You!