



# Realities of Working With Schools

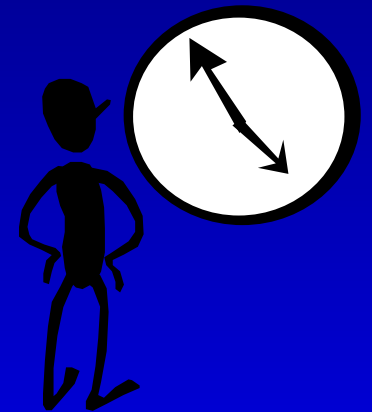
**Carolyn J. Kramer, MPH**

**Steps Schools Coordinator**

**Seattle, Highline and Tukwila School Districts**

# Presentation Objectives

- **Steps work in schools**
- **Context of working in schools**
- **Considerations**
- **Challenges & solutions**
- **Lessons learned**



# Overview: Steps to a Healthier US

- **5 year grant from Centers for Disease Control & Prevention to prevent and control chronic disease:**
  - Diabetes, asthma, obesity
  - Physical activity & nutrition
  - Integrating and coordinating activities across organizations and conditions
  - Systems level/Policy Change
- **Targets community, worksites, medical systems, schools**

# What are we doing?

- **Staffing- 2.0 FTE**
- **Work with districts & schools to create healthy school environments**
  - **Great Body Shop Curricula and nutrition education**
  - **School Health Index/School Health Leadership Program**
  - **Staff Wellness**
  - **TA on policy development and implementation, and other system level change: nutrition, physical activity & asthma**
  - **Pilot projects at individual schools**

# Seattle Nutrition Policy

Seattle Public Schools | News Release - Microsoft Internet Explorer

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Address <http://www.seattleschools.org/area/news/x40903nr.xml>

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September 3, 2004

**News Release**

## Seattle School Board Approves Comprehensive Suite of Nutrition Policies *Sales of Sodas and Junk Food Banned on School Campuses*

The Seattle School Board has unanimously approved a comprehensive and far-reaching set of nutrition-related policies designed to provide students with healthy food and beverage choices during the school day. Specifically, the policies will ban sales of all foods containing high levels of sugar and fat, improve the quality and appeal of school meal programs, and prohibit contracts with beverage vendors for "exclusive pouring rights."

These policies are amongst the strongest in the country, and confirm the Board's commitment to eliminating barriers to learning by creating a healthy nutrition environment in all 100 schools.


"These policies make it clear that we are determined to provide our students with healthy food options," said School Board Vice-President Brita Butler-Wall. "We are committed to providing an environment at each school that strengthens students' skills, learning and success. That

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# Seattle- PE Policy

|   |  |                                     |
|---|--|-------------------------------------|
|  <p>SEATTLE<br/>PUBLIC<br/>SCHOOLS</p> | <p>DRAFT</p> <p>Physical Education</p> | <p>H 67.00</p> <p>6-14-05 draft</p> |
|---|--|-------------------------------------|

## Policy

It is the policy of the Seattle School Board that physical education is a central component of a school's overall learning environment. Seattle Public Schools will provide all students with a high quality physical education program taught by teachers with expertise in physical education, and designed to give students the knowledge necessary to sustain lifelong fitness through a quality, success-oriented physical education curricula that meets or exceeds state physical education requirements.

In order to provide a quality physical education program, a sequential, developmentally appropriate K-12 curriculum

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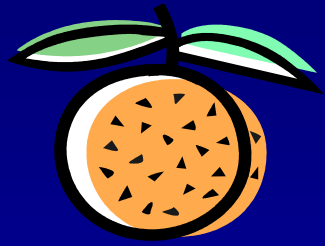
# Working With Schools- Context



# Nutrition Services- the whipping boy







# School Meals Initiative

## USDA Regulation

- **Meet Nutrient Standards (based on RDAs) & Recommendations of the Dietary Guidelines for Americans**
- **Key Nutrient Standards:**
  - **Calories, Calcium, Iron, Protein, Vitamin A, Vitamin C**
- **Dietary Guidelines Recommendations**
  - **<30% Calories from fat**
  - **<10% Calories from Saturated Fat**

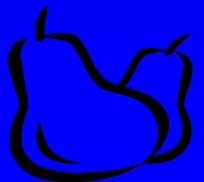


# Specific Nutrition Goals

- **Recommended Dietary Allowances (RDA)**
  - 1/3 RDA for Lunch
  - 1/4 RDA for Breakfast
  - Age Appropriate

# Other Nutrition Goals

- **Menus must meet nutrition goals when averaged over a school week and analyzed by computer software**
- **Must provide the required number of food components**
- **Must meet the nutrient standards for age/grade group serving**



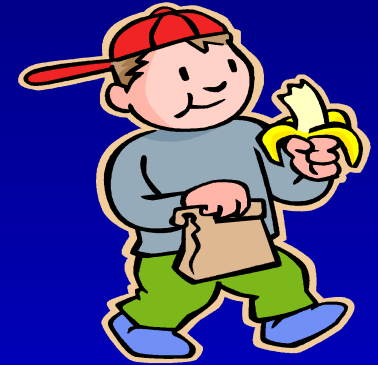
# Required Nutrient Standards

## Breakfast

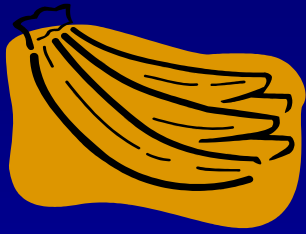


|                        |                     |
|------------------------|---------------------|
| <b>Age/Grade Group</b> | <b><u>K- 12</u></b> |
| <b>Calories</b>        | <b>554</b>          |
| <b>Protein</b>         | <b>10 g</b>         |
| <b>Calcium</b>         | <b>287 mg</b>       |
| <b>Iron</b>            | <b>3.0 mg</b>       |
| <b>Vitamin A</b>       | <b>197 RE</b>       |
| <b>Vitamin C</b>       | <b>13 mg</b>        |

# Required Nutrient Standards- Lunch



| Age/Grade Group | <u>K-6</u> | <u>7-12</u> |
|-----------------|------------|-------------|
| Calories        | 664        | 825         |
| Protein         | 10 g       | 16 g        |
| Calcium         | 286 mg     | 400 mg      |
| Iron            | 3.5 mg     | 4.5 mg      |
| Vitamin A       | 224 RE     | 300 RE      |
| Vitamin C       | 15 mg      | 18 mg       |



# School Meals Initiative Review

USDA/OSPI

Week of 2/3-7/03

| <u>Age/Grade Group</u> | <u>K-6</u>       | <u>Data Analysis</u>    | <u>Requirements</u> |
|------------------------|------------------|-------------------------|---------------------|
|                        | <u>Standards</u> | <u>Week of 2/3-7/03</u> |                     |
| Calories               | 664              | 662                     | Met                 |
| Protein                | 9.7 g            | 27.3 g                  | Exceeded            |
| Calcium                | 286 mg           | 409 mg                  | Exceeded            |
| Iron                   | 3.5 mg           | 3.9 mg                  | Met                 |
| Vitamin A              | 224 RE           | 953 RE                  | Exceeded            |
| Vitamin C              | 15 mg            | 50.7 mg                 | Exceeded            |
| Total Fat              | <30%             | 27.7%                   | Met                 |
| Saturated Fat          | <10%             | 7.3%                    | Met                 |
| Cholesterol            | 72 mg            | 55 mg                   | 76%                 |
| Sodium                 | 1328 mg          | 1204 mg                 | 91%                 |
| Fiber                  | 6.64 g           | 6.58 g                  | 100%                |



# Competitive Food Sales

- **Competitive foods means any foods sold in competition with the NSLP to children in food service areas during the lunch periods**
- **Food of minimal nutritional value means a food which provides less than five percent of the RDA for protein, vitamin A & C, B1, B2, Niacin, calcium and Iron**

# In Seattle School Cafeteria

## Gone are:

- Deep Fat Fryers
- Chips
- Sunny Delight
- Punch type drinks
- Flavored Water

## Available are:

- More fresh fruits and vegetables (Ele & Sec)
- Grab and Go Salads (Sec)
- Grab and Go Sandwiches (Sec)
- Grilled Chicken Breast Sandwich (Sec)
- Ethnic Foods





Local

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Wednesday, October 5, 2005

# Seattle, Highline schools to add ethnic food to menus

By **DEBORAH BACH**  
SEATTLE POST-INTELLIGENCER REPORTER

In the cultural stew that is Seattle, sticking to school lunchroom standards such as pizza or chicken fingers leaves out the thousands of students who weren't reared on meatloaf and have no clue what American comfort food means.

For those children, born in Eritrea, China and other faraway places, dishes commonly eaten at home are likely to be ones their classmates have never heard of.

In an effort to promote inclusiveness and recognize the diversity in Seattle's schools, the district, along with Highline Public Schools, is introducing ethnic dishes to its lunch menus, starting later this month.

"It's becoming more and more important for all school districts to recognize that we have such a diverse population, and to use the cafeteria as



**zoom** Meryl Schenker / P-I  
Fourth-grade student Nasteha Egal, who is Somali, tastes allecha, a vegetarian Ethiopian dish, along with fellow students at Madrona

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Study shows babies try to help  
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# Further context

- Question: How much do you spend for your meals?



# School Lunch Reimbursement Rates

- **Breakfast**
  - Free \$1.27
  - Reduced \$.97
  - Paid \$.23
- **Snacks**
  - Free \$.63
  - Reduced \$.31
  - Paid \$.05
- **Lunch**
  - Free \$2.32
  - Reduced \$1.92
  - Paid \$.22
- **Commodity foods-**  
**\$.175 value**

# Considerations when designing studies

- **Dietary guidelines/Federal Requirements**
- **“The Whole Program” before making research agendas**
- **Invite all players to the table**
- **Be positive**
- **Let go of “I’m here to fix the program”**



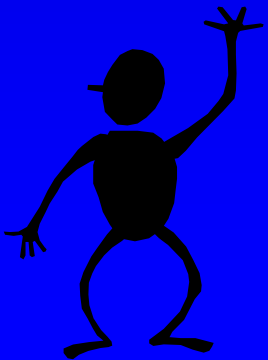
# Challenges and Solutions



- **Access to schools**
  - *Find someone in the system (district-level & schools) & work through existing channels*
  - *Will need research committee approval*
- **Classtime / “What does this have to do with WASL and NCLB?”**
  - *Listen, empathize, provide information, let them decide*
- **Perceptions vs. Reality**
  - *Let go of your agenda, understand and be an advocate*

# Lessons Learned

- Work with schools and not against them
  - *Listen, understand, empathize, advocate*
- Go for low hanging fruit
  - *You are not out there to change minds*
- Be patient, persistent, positive and creative



# What May Feel Like Herding Cats





# Is Not As Difficult As It Looks





# Contact Information

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