

WHAT'S UP WITH SCHOOL WELLNESS? PUTTING PHYSICAL ACTIVITY POLICIES INTO PRACTICE

CHOICES Community of Practice
Coffee Chat



June 22, 2023

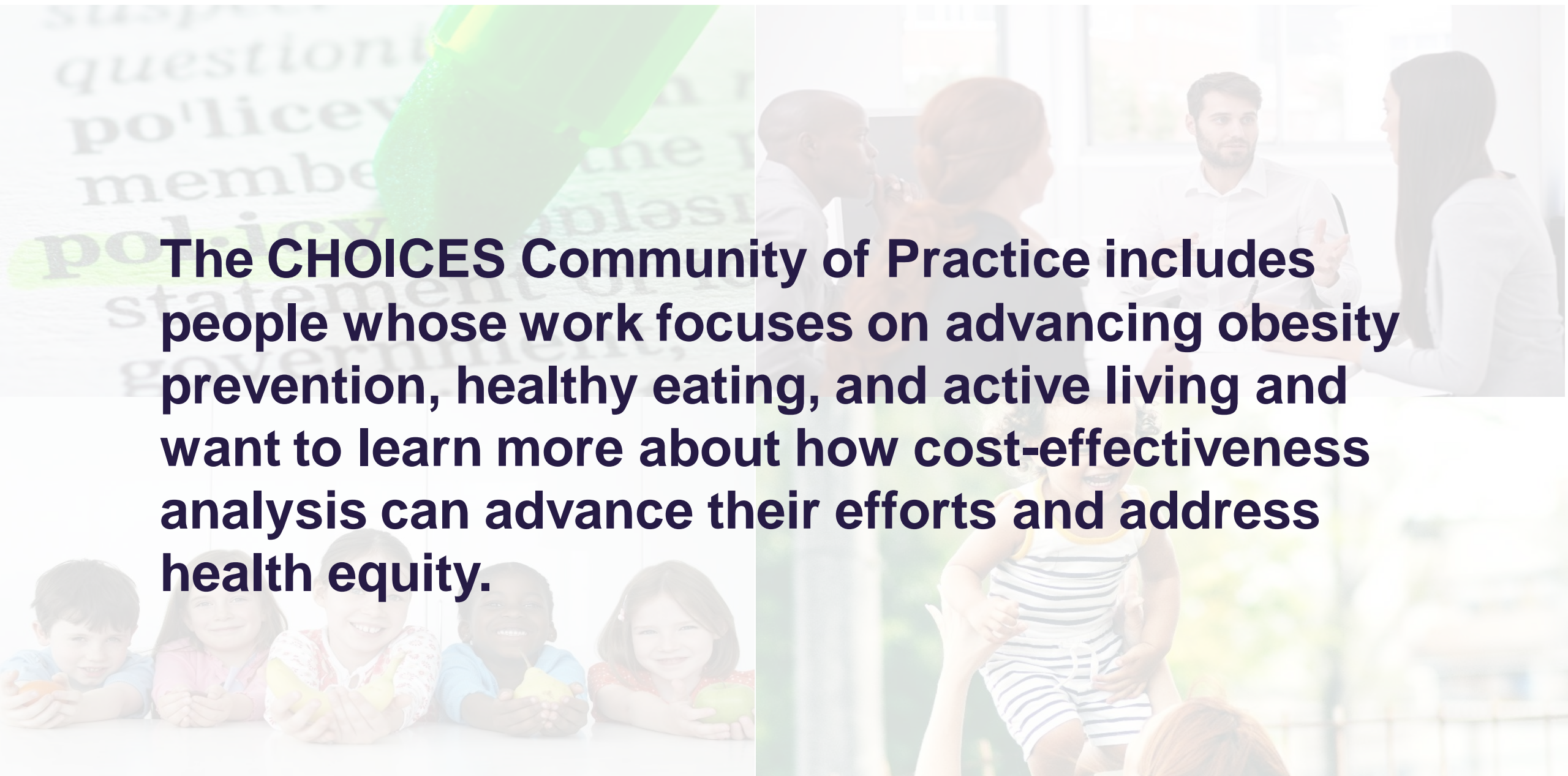
Welcome!

Please share your name, title, & organization in the chat.

Disclaimer & Funding

- The CHOICES Project engages in research and education. The information presented in this discussion today is for educational purposes only and does not necessarily represent the position of any CHOICES Project funders.
- This event is intended to provide information, tools, and resources to inform and educate the audience, and is not an attempt to influence any specific legislation.

This work is supported by The JPB Foundation and the Centers for Disease Control and Prevention (U48DP006376). The findings and conclusions are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention or other funders.



The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity.

What's Up With School Wellness? Putting Physical Activity Policies into Practice



Nicole Good

School Wellness Specialist, Office for Food and Nutrition Programs,
Massachusetts Department of Elementary and Secondary Education

Consider This:

Do you perform well when you are:

- Tired?
- Hungry?
- Stressed?
- Sedentary for long periods of time?



Purpose of a Local School Wellness Policy

To establish a school environment that promotes students' health, well-being, and ability to learn.



Timeline: Local Wellness Policy

2010: Healthy, Hunger Free Kids Act requires schools participating in the National School Lunch and Breakfast Program to develop a local wellness policy.

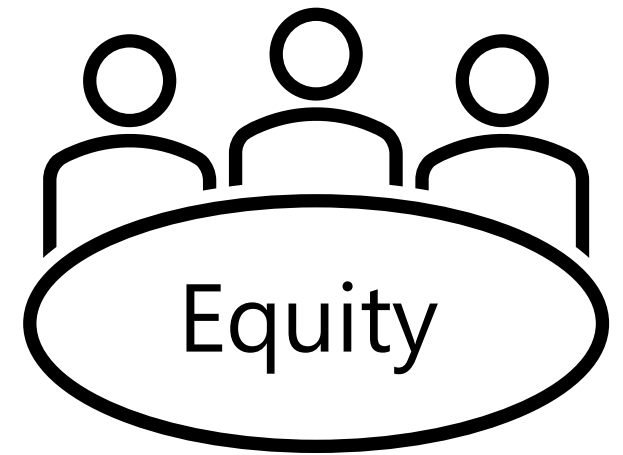
2018: Massachusetts Department of Education and Framingham State University conduct MA School Wellness Needs Assessment.

2004: LWP Requirement established by Women, Infants and Children (WIC) Reauthorization Act

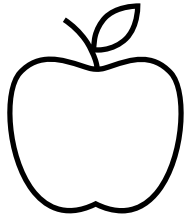
2016: USDA Final Rule: All schools are required to develop a revised local wellness policy by July 30, 2017.

Who: School Wellness Committee

- Responsible for updating and implementing the Local Wellness Policy
- Parents, Caregivers, Teachers, Nurses, School Nutrition Professionals, Administrators, Students, Community Members, Public Health Councils

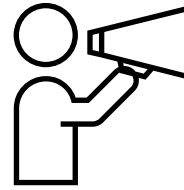


What: Local Wellness Policy Requirements



Nutrition Standards for Foods and Beverages:

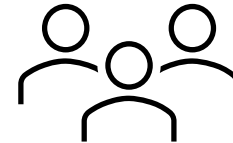
- Sold in Schools
- Provided in Schools



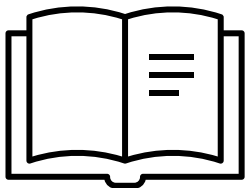
Food/Beverage Marketing



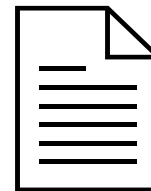
Physical Activity and Education



Public Involvement



Nutrition Education



Assess Policy Every 3 Years

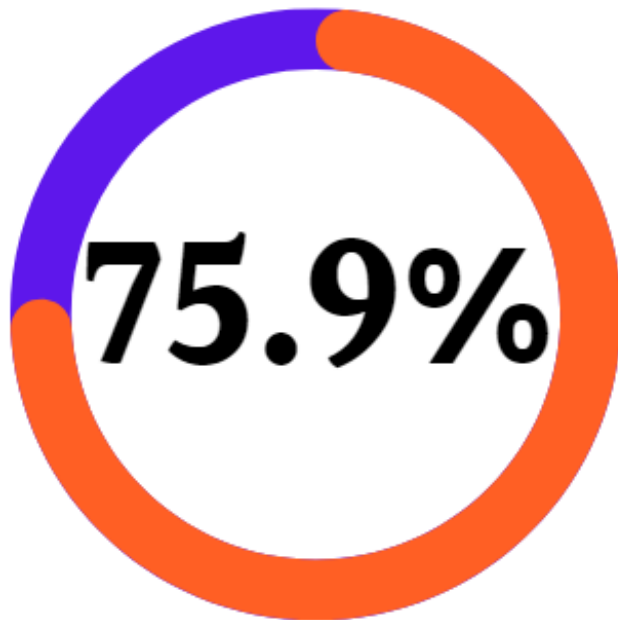


Physical Activity Implementation

How: Review and Share the Research

High School Students Who Spent 3 Or More Hours Per Day On Screen Time*

2021

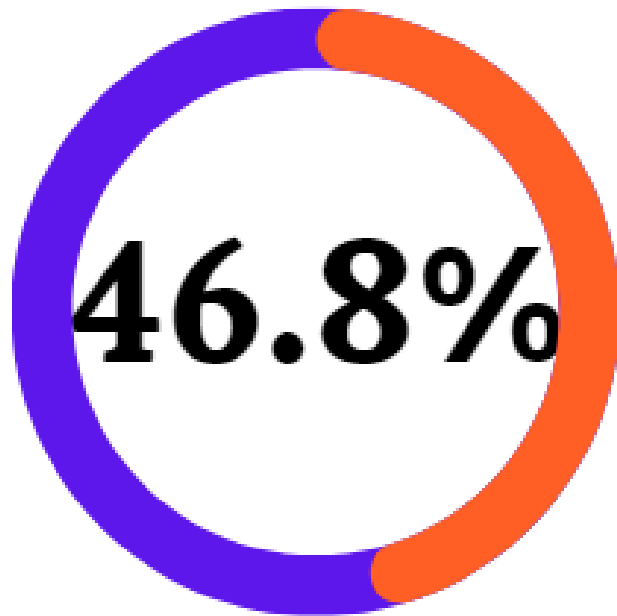


*In front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day.

How: Review and Share the Research

High School Students Who Attended Physical Education (PE) Classes On 1 Or More Days*

2021



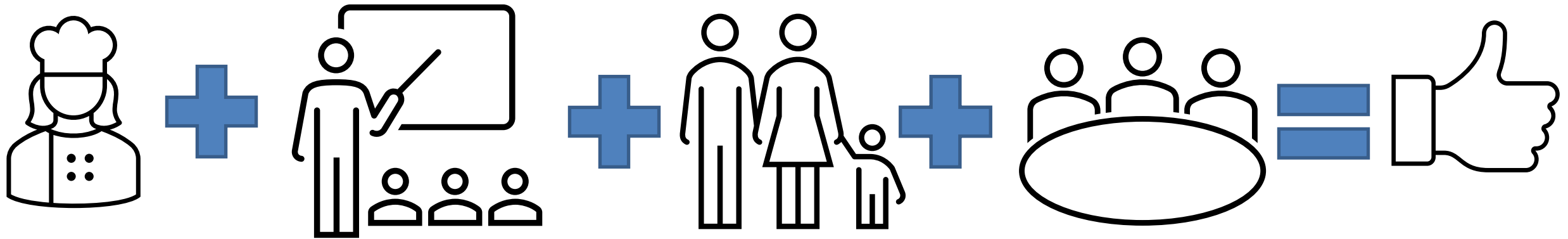
*In an average week when they were in school.

Centers for Disease Control and Prevention (CDC). 1991-2021 High School Youth Risk Behavior Survey Data. Available at <http://yrbs-explorer.services.cdc.gov/>. Accessed on 6/15/23.

Massachusetts Department of Elementary and Secondary Education



How: Develop School Wellness Partnerships

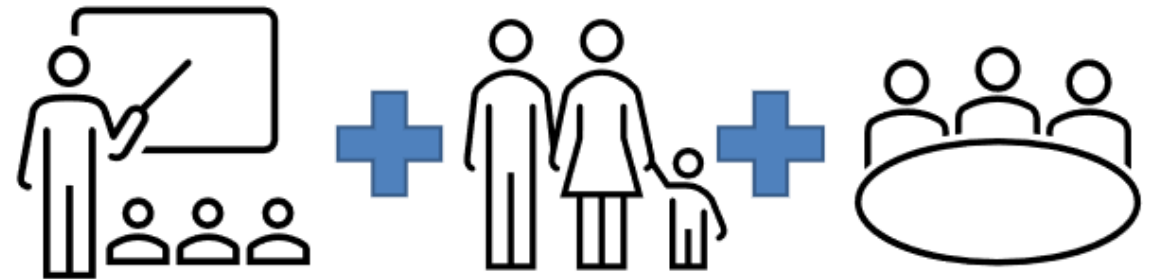


How: Developing Partnerships



How: Sharing a Massachusetts Best Practice

- Canton, Massachusetts: The Canton School Community participated in the [Ruby Bridges Walk to School Day](#).
- A classroom teacher encouraged participation in the walk to school day by reading a story about the history of Ruby Bridges.
- A flashing light crosswalk was installed to allow for a permanent safer route to school.



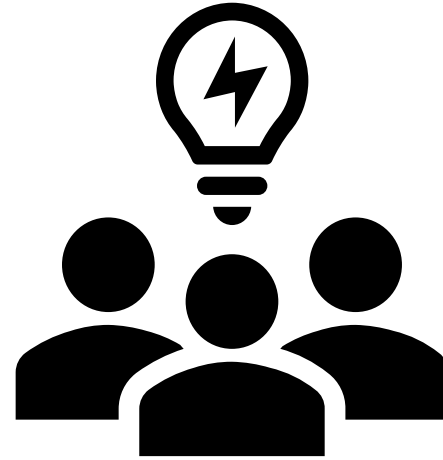
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Massachusetts School Wellness



Massachusetts School Wellness Coaching Program

- School Wellness Coach helps wellness committee update local wellness policies to meet state and federal requirements
- School Wellness Coach helps wellness committee prioritize and implement wellness initiatives
 - Example: classroom movement breaks, extended recess.
- Must have support from administration, school nutrition director to participate



School Wellness Partners



Wellness Resources – Massachusetts

- [SWITCH Website](#)
- [Ruby Bridges Walk to School Day Success Story](#)
- [SWITCH Physical Activity in School](#)
- [Local Wellness Policy Checklist](#)
- [Massachusetts School Wellness Coalition Partners](#)

Wellness Resources – National

- [CDC Youth Risk Behavior Survey Explorer](#)
- [Action for Healthy Kids Grant Funding](#)
- [Alliance for a Healthier Generation Action Center](#)
 - Free resources including physical activity cards, active academics
 - Create username and password to access
- [CDC Strategies for Physical Activities in Schools](#)



THANK YOU

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Full Group Discussion

THANK

YOU

Join our next coffee chat on
Thursday, July 27 at 1:00pm ET



CONTACT US

For more information contact
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Register to join at
choicesproject.org/comm-of-practice