

Wellness





History

- Required by P.L. 108-265 (2004) as a condition of participating in the National School lunch program.
- BOE Health, Wellness, and Safety Policy 1110-6 (2006)
- DOE Wellness Guidelines (2007)

2

In 2004, Congress passed Public Law 108-265 in response to resounding concerns over childhood obesity that is putting children at high risk for serious health concerns.

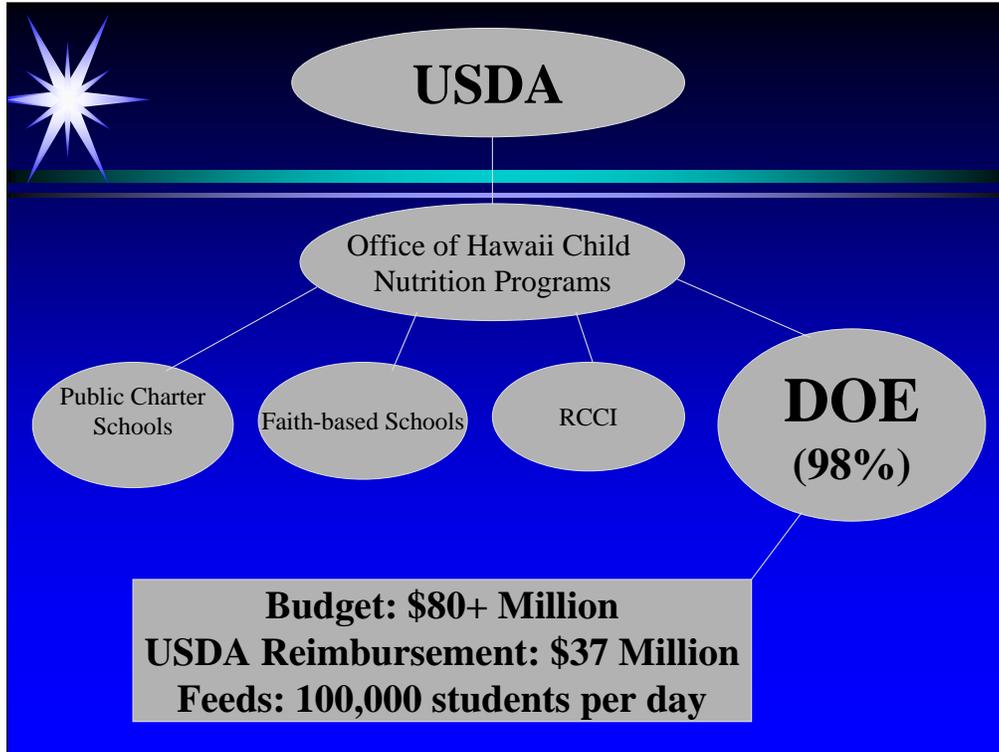
This law mandates that all educational agencies (participating in the National School Lunch Program) establish a wellness policy by the first day of school year 2007 (July 2006).

In response to this, the Board of Education (BOE) approved Health, Wellness and Safety Policy 1110-6.

The BOE policy directed the Department of Education to establish guidelines that include:

- goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness;
- nutrition guidelines for all foods available on campus; and
- a plan for measuring implementation of the wellness policy.

The Wellness team developed the Wellness Guidelines and we are here to present it to you today.



All school food authorities receiving funds from USDA for the National School Lunch Program must implement a local wellness policy. In Hawaii, the DOE is the largest school food authority. The Hawaii DOE receives more than \$37 million from USDA to subsidize the cost of school meals. This amount covers a little less than half of the cost to feed approximately 100,000 DOE students every day.



What kind of emotions do you see being exhibited by this boy shown in this slide:

Sadness, depression, woefulness, anger

Exhaustion, defeat

Why would he be feeling like this?

Raise your hand if you've seen children like this.

This boy is obese and has a condition called – gynecomastia; enlargement of breast tissue in males; obesity can be a cause.

<Press Page Down>

How many of you have seen this? (point to dark ring around neck)

<Press Page Down again>

(Point to dark spots on hand.)

This is a condition called “Acanthosis Nigricans”. It is a darkening and over-growth of the skin, often seen around the neck, on the hands, groin area and arm pits caused by insulin resistance.

Insulin resistance is a precursor to diabetes.

Children who have this feel sad and defeated because they get teased by peers and/or adults, and they are scolded for not washing themselves adequately; but this cannot be washed off because this is occurring from the inside out.

Note: the condition will usually improve as individuals convert to a healthier (lower sugar/starch, low fat, high fiber) diet and become more physically active.

Promote Learning



5

Overweight and obesity issues in children not only have physical effects, but may also manifest in emotional out-bursts and poor academic performance.

Overweight and obese children may be teased by other children or are often victims of bullying at school.

On any given day in the United States...



- **815 billion calories** are consumed (*200 billion more than needed*)

Including:

- **47 million** hot dogs
- **4 million** pounds of bacon
- **60 million** pounds of red meat

On any given day in the United States...

- 3 million gallons of ice cream
- 10 million pounds of candy





Fact



- **More than half the adult population *in every state* is overweight**
- **The total US healthcare costs due to obesity is \$94 billion per year. Half that cost is paid through Medicare and Medicaid (CDC)**



Leading Causes of Death

Diet and inactivity contribute to four out of the six leading causes of death.

1. Heart Disease	684,462
2. Cancer	554,643
3. Stroke	157,803
4. Chronic Lower Respiratory Disease	126,128
5. Accidents	105,695
6. Diabetes	73,965

National Center for Health Statistics, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.
2005



Components of the Wellness Guidelines

- School-level committee or council
- Nutrition standards
- Nutrition and health education
- Physical activity
- Professional Development
- Monitoring

See DOE Wellness Toolkit Online For More Info

10

1. Have school level committee or council who will address wellness. This can be an existing committee such as school safety committee or CSSS committee. Or it can be a new committee formed to address wellness with emphasis to promote lifelong physical activity, nutrition and being tobacco free.
2. Schools must comply with Nutrition standards established by USDA (US Department of Agriculture)
3. Nutrition and HE – nutrition lessons aligned with HCPSIII; Nutrition Ed integrated into other area such as math, science, language arts, and social studies; promote starting the day with breakfast and eating a nutritious lunch and snacks. Studies show students eat breakfast do better in standardized tests
4. PA – PE classes aligned with HCPSIII; secondary schools to provide continuing support for participation in PA outside of PE; have at least 20 minutes of supervised recess (by adult supervisor)
5. Professional Development – applicable role groups (food service staff, HE/PE teachers, etc) have professional development to include nutrition education, HE/PE and Coordinated School Health
6. Monitoring – At the end of each school year, Principals will answer the SAWS indicating which two areas school team identified to work on improving. Information from the SAWS be forwarded to CASs for follow up with individual schools in their complex. The Wellness improvement activities will then be reflected in the school Academic and Financial Plan.



Benefits to Schools

- Continued availability of federally subsidized student meals
- Healthy students who are better able to learn
- Improved student attendance
- Public Relations
- Grant Opportunities

11

Benefits include:

1. continued federal subsidies for school meals
2. Students who eat breakfast score higher on test scores; students are better able to learn when their physical, emotional and social needs are met; when students are healthy, there's less absenteeism and they are ready to learn
3. Schools working to improve student wellness is good PR for DOE.
4. Rather than a punitive approach, school which comply with the wellness guideline will be eligible for grant monies from DOH HHI to support their wellness improvement activities.



What do we need to do?

- School Food Services (SFS) ensures that all reimbursable meals meet United States Department of Agriculture (USDA) standards
- SFS and Principal promote starting the day with a healthy breakfast, eating a nutritious lunch, and healthy snacks.
- Principals ensure all food and beverages sold or provided to students outside of school meals comply with guidelines



Criteria for Snack Foods (per serving)

- **Calories** ≤ 200 calories
- **Total Fat** ≤ 8 grams
- **Saturated Fat** ≤ 2 grams
- **Trans Fat** ZERO
- **Sodium** ≤ 200 mg
- **Sugar** ≤ 8 grams
- **Dietary Fiber** ≥ 2 grams (recommended)

These criteria is per serving. Many think that healthy snacks are only fruits and vegetables. If you take the time to read the nutrition labels, there are packaged snacks that children typically enjoy that meet these criteria. For example: baked chips, Gold Fish crackers, 100 calorie snack packs, etc. Be aware of serving sizes per package, many include two or more servings.



Criteria for Beverages

All Students

- Water
- Nonfat and low-fat (1%) milk in 8-oz. portion
- 100 percent fruit juice in 4-oz. portion
- Caffeine-free

High School Students After School Only

- Caffeine-free, non-fortified beverages with less than 5 calories per portion
- Sports drinks for athletes participating in more than one hour of physical activity

Beverage criteria are for two tiers: all students and high school students after school only.



Timeline

- DOE released guidelines electronically in September 2007.
- Full implementation by school year 2011.

On-line Wellness implementation toolkit will be available by January. School are to fully implement the wellness guidelines by 2011.



King Kaumualii's Food Service Manager, Jon Hashimoto providing a food preparation demonstration to students who are learning about nutrition and healthy eating. Because of the busy lifestyles, families are eating out more, or buying fast foods resulting in less meal preparation at home. Some children have never seen an orange being peeled or apple being sliced.



Exercise equipment were purchased for the Staff Wellness Center at King Kaumualii. Various equipment such as exercise DVDs, mats, exercise balls, free weights, stationary bikes, etc are available to staff before, during and after school. This school staff member lost 30 pounds in one year by working out at the Wellness Center.



Waihee Elementary
18

During the Fabulous Food Fun and Fitness night, staff, students, and their families participated in Dance Dance Revolution. Through, Safe and Drug Free School contribution, every Middle and High School in the state has a set of DDR for use. Staff may also find DDR a fun way to increase physical activity.



Believe it or not, this is PE class. Kalama Middle School uses innovative learning experiences to promote life long physical fitness. These are Trikkes. 2007 Maui District Teacher of the Year, Leighton Nakamoto incorporates technology using heart rate monitors in these standards based lessons.



Principal's Role

- Assure implementation of the Wellness Guidelines.

Principals have the biggest role to positively improve the health of the school environment. By the end of SY 2011, all areas listed on the guideline will be fully implemented.



Teachers & Staff's Role

- Support implementation of the Wellness Guidelines
- Join your school's Wellness committee
- Provide healthy rewards to students
- Compare your class syllabus against health, physical, and nutrition education guidelines
- Encourage students' physical activity
- Act as a role model

Improving the health climate of the school not only benefits student, it also benefits teachers and staff as well.



PCNC Roles

- Support school meal programs
- Advocate for healthy school environments
 - Encourage healthy snacks daily, as well as for school parties
 - Support healthy fundraisers
- Volunteer to participate on your school's wellness committee

Hold "Breakfast/Lunch with grandparents/parents day" events to promote school meal programs. Encourage healthy school parties; have fruit, yogurt and granola instead of cupcakes and pizzas, make gingerbread houses using dried fruits and vegetables; serve healthy refreshments at parent teacher night.

Examples of healthy fundraisers:

sell gift-cards instead of candy/sausage

host a walk-a-thon

other examples available in the on-line Wellness Toolkit



What do parents need to do?

- Provide children with healthy food for breakfast, snack, lunch, and celebrations
- Create opportunities for children to make healthy choices
- Encourage physical activity
- Be a role model by eating healthy and being physically active

Have readily on-hand healthy snacks in the refrigerator such as peeled and cut up fruits, cut up vegetables with dip, dried fruits and nuts, etc. Schedule PA as a family such as (walks after dinner; playing Frisbee; go to the gym; walk the dog, etc)



What do parents need to do?

- Share meals with your children
- Stay informed about school activities and policies
- Talk to your child about nutrition and physical activities at their school

Eat dinner together as a family. Studies show children have decreased risk for drug use when family eat dinner together.



Resources

School Food Services Branch
Glenna Owens 733-8400

Department of Health
Cathy Tanaka 586-4437 or
Jennifer Ryan 586-4490

Wellness Toolkit Online

<http://doe.k12.hi.us/foodservice/toolkit/index.htm>

Wellness Team contact information and online Toolkit. If possible, link to Toolkit.