San Diego County
District Representatives

An initiative of
The San Diego County Childhood Obesity Initiative
Schools & After-School Domain

Presented by:
Kate McDevitt
Senior Manager, School Wellness Programs, UC San Diego Center for Community Health;
Co-Chair, School & After-School Domain, San Diego County Childhood Obesity Initiative
Overview

- Organizational Structure
- District Rep Network - Role & Responsibilities
- Communication
- Support for School Wellness Policy
- Our Collective Areas of Focus
A little history:

In October 2004, at the recommendation of County Supervisors Ron Roberts and Pam Slater-Price, the San Diego County Board of Supervisors voted unanimously to support and fund the creation, coordination and implementation of a county-wide plan to end childhood obesity.
Call To Action

Call to Action
San Diego County
Childhood Obesity Action Plan

Revised 2010

www.OurCommunityOurKids.org
San Diego County Childhood Obesity Initiative

Mission

A public-private partnership with the mission of reducing and preventing childhood obesity through policy, systems, and environmental change.

Purpose

- Create, support, and mobilize partnerships
- Provide leadership and vision
- Provide advocacy and education
- Coordinate and sustain county-wide efforts to prevent and reduce childhood obesity
San Diego County Childhood Obesity Initiative

Goals

• Increase access to healthful foods.
• Increase opportunities for safe physical activity.
• Increase opportunities to enhance economic, social, service, and built environments.
• Promote operational excellence of the public/private partnership.

Overarching Strategies

• Reduce access to/consumption of sugar-sweetened beverages.
• Increase safe routes to healthy places.
San Diego County Childhood Obesity Initiative

County-wide Collective Impact

San Diego County Childhood Obesity Initiative

Working Together to Shape a Healthy Future

Core funding provided in part by:

Facilitated by:
The **Schools and After-school Domain** of the San Diego County Childhood Obesity Initiative unites schools, after-school programs, and other key stakeholders in creating healthy, active, and successful learning environments.
Schools & After-School Domain Roster

- County Office of Education
- County of San Diego/HHSA
- San Diego Unified School District
- Lean & Green Kids
- Inner City Athletic Programs
- Olivewood Gardens
- Feeding America San Diego
- Dairy Council of CA
- UC San Diego
- Escondido Union School District
- Palomar Health
- SAY San Diego
- Julian Union School District
- YMCA of San Diego County
- American Heart Association
- American Cancer Society
Schools & After-School Domain

Domain Opportunities:

• Meetings and Workshops
• Online Resources www.ourcommunityourkids.org
• Policy Clearinghouse
• Policy Analysis
• Strategic Initiatives
• District Representatives Network
Domain’s School District Representatives Network
San Diego County School Districts
School District Representatives

School District Representatives Network

- Domain members (community partners) serve as liaisons to designated School District Wellness Councils
- Share info & resources to promote healthy schools
- Provide expertise from own organizations as well as our Domain
- Provide info to Domain about wellness activities or issues, including School Wellness Policy to add to Policy Clearinghouse.

* Currently: 19 domain members supporting 39 San Diego County School Districts
Serving as liaisons between districts and domain
School District Representatives

- Participate in School District Wellness Committee meetings

- Provide tools and resources to Wellness Leads

- Support and track Wellness Policy revision status.

- Add revised policies to COI Policy Clearinghouse

- Participate in Schools & After-School Domain Committee and Domain projects
Attendance & Involvement

- School & After-School Domain Meetings (monthly)
- District Wellness Council Meetings (as scheduled)
- District Rep Forums (quarterly)
- Check-ins with our District Rep Network (online)
<table>
<thead>
<tr>
<th>District</th>
<th>Wellness Lead</th>
<th>Childhood Obesity Initiative – School Domain District Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oceanside Unified</td>
<td>Cheri Sanders, Dir. Spec. Ed.</td>
<td>Debal A Barbara G</td>
<td>Meet regularly</td>
</tr>
<tr>
<td>Poway Unified*</td>
<td>Lou Lewis, Dir. Food &amp; Nutrition</td>
<td>Melissa R</td>
<td>Participate in Farm to School Task Force</td>
</tr>
<tr>
<td>Ramona Unified</td>
<td>Kati Harbour, FS Director</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Diego Unified *</td>
<td>Michelle Bell, Mgr., Nursing &amp; Wellness</td>
<td>Kate McDevitt</td>
<td>Updating wellness policy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Working on communication strategy to school staff, families and students</td>
</tr>
<tr>
<td>San Dieguito Union High</td>
<td></td>
<td>Debal A</td>
<td>No Wellness Committee</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Line item in Safety Committee Meetings to discuss Wellness Policy</td>
</tr>
<tr>
<td>San Marcos Unified *</td>
<td>Dena England, Dir. Child Nutrition</td>
<td>Kay S</td>
<td>Meets regularly. No policy changes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Bob Knight Farmers Markets</td>
</tr>
</tbody>
</table>
District Rep Support for School Wellness Policy
Support for School Wellness Policies

1. Conduct Initial Homework
2. Form the Development Team
3. Assess the District’s Needs
4. Draft a Policy
5. Build Awareness and Support
6. Adopt the Policy
7. Implement the Policy
8. Maintain, Measure, Evaluate

Creating a Local Wellness Policy
# School Wellness Policies: Indicators of Progress

San Diego County Childhood Obesity Initiative  
Schools and After-School Domain

<table>
<thead>
<tr>
<th>Indicator</th>
<th>LSWP Date:</th>
<th>District Name:</th>
<th>Grades:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Active Wellness Council</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meets more than quarterly</td>
<td>Meets Quarterly</td>
<td>Meets irregularly</td>
<td>Does not meet</td>
</tr>
<tr>
<td>Score Range</td>
<td>3 = Very Active</td>
<td>2 = Active</td>
<td>1 = Somewhat</td>
</tr>
<tr>
<td><strong>Strong Beverage Policy Language</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High school/K12 Dist: no flavored milk, no ERBs (aka sports drinks)</td>
<td>High school/K12 Dist: one or the other not allowed OR limited</td>
<td>Elem/Middle Dist: no flavored milk allowed at any time</td>
<td>Elem/Middle Dist: flavored milk limited to certain meals or days</td>
</tr>
<tr>
<td>Score Range</td>
<td>3 = Very Strong</td>
<td>2 = Strong</td>
<td>1 = Somewhat</td>
</tr>
<tr>
<td><strong>Strong Physical Activity/Physical Education Policy Language</strong></td>
<td>For each item circle the score that best describes the language</td>
<td>3 = language requires adherence</td>
<td>2 = language strongly promotes adherence</td>
</tr>
<tr>
<td>Physical Education Minutes defined</td>
<td>PA opportunities during school day</td>
<td>PA opportunities before/after school</td>
<td>Moderate to vigorous physical activity (MVPA)</td>
</tr>
<tr>
<td>Score Range</td>
<td>3 = Very Strong</td>
<td>2 = Strong</td>
<td>1 = Somewhat</td>
</tr>
</tbody>
</table>

**Elementary**  
21 = Very Strong | 19-21 = Strong | 11-18 = Somewhat | ≤10 = Not Strong

**High School/K12**  
18 = Very Strong | 15-18 = Strong | 10-15 = Somewhat | ≤9 = Not Strong

**TOTAL SCORE**  
Elementary/K8 | 23-25 = Very Strong | 19 - 22 = Strong | 15-18 = Somewhat | ≤14 = Not Strong | choose only one |

High School/K12 | 22-26 = Very Strong | 17 - 21 = Strong | 13-16 = Somewhat | ≤12 = Not Strong | SCORE =
<table>
<thead>
<tr>
<th>School Wellness Policy Summaries</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>CSBA Wellness Policy Template</td>
<td>Template</td>
</tr>
<tr>
<td>Wellness Policy Summary Brochure Template</td>
<td>Template</td>
</tr>
<tr>
<td>American Cancer Society Cancer Action Network California (ACS CAN) Menu of School-Based Wellness Policy Guidelines</td>
<td>Policy Guidelines</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Albert Einstein Elementary School</td>
<td>Policy (2009)</td>
</tr>
<tr>
<td>Borrego Springs School District</td>
<td>Policy (2014)</td>
</tr>
<tr>
<td>Cajon Valley Union School District</td>
<td>Policy (2013)</td>
</tr>
<tr>
<td>Cardiff School District</td>
<td>Policy</td>
</tr>
<tr>
<td>Carlsbad Unified School District</td>
<td>Policy (2014)</td>
</tr>
</tbody>
</table>

http://www.ourcommunityyourkids.org/resources/policy-clearinghouse.aspx
San Diego County School District Wellness Policy Attributes

The COI Schools and After-school domain partners work together to obtain wellness policies from school districts throughout San Diego County in order to identify examples of policy language related to 20+ coordinated school health topics. Below are the coordinated school health topics which are examined, the districts that cover each topic, and the language that is used for each particular health topic. If you know of a district policy that is not available below, please contact us.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Policy Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>29 policy examples</td>
</tr>
<tr>
<td>Communication of Policy</td>
<td>37 policy examples</td>
</tr>
<tr>
<td>Dental</td>
<td>17 policy examples</td>
</tr>
<tr>
<td>Electrolyte Replacement Beverages</td>
<td>20 policy examples</td>
</tr>
<tr>
<td>Food Additives</td>
<td>11 policy examples</td>
</tr>
<tr>
<td>Fundraising</td>
<td>39 policy examples</td>
</tr>
</tbody>
</table>

http://www.ourcommunityourkids.org/resources/policy-clearinghouse.aspx
District Reps: Areas of Focus
LSWP Components: Physical Education

- Physical education
  - State-mandated minutes:
    - 200 every 10 days for grades 1-6
    - 400 every 10 days for grades 7-12
  - Moderate to vigorous activity (MVPA) goals
  - 9\textsuperscript{th} Grade Fitness Test accountability
  - Who teaches PE?
LSWP Components: Physical Activity

- Opportunities for PA:
  - walking or biking to school
  - active recess
  - classroom activity
  - after-school programs
  - Gardening
  - joint use of school and community facilities
LSWP Components: Food & Beverages on Campus

• School Meals:
  – Federal standards (National School Lunch Program)

• Other Foods Sold:
  – State standards (California Smart Snacks in Schools). Some of the strictest in the U.S.

• Other Food Available
  – State standards and LSWP
LSWP Components: Food & Beverages on Campus

- School Meals - Considerations
  - Local Sourcing: Farm to School, gardens
  - Eliminating sugar-sweetened beverages from school meal
LSWP Components: Food & Beverages on Campus

Access to Water (AB 1413)

- State requirement as of 2011/2012 school year.
- Free, potable drinking water must be available to students in eating areas during meal times.
- Promoting water consumption is encouraged.
LSWP Components: Food & Beverages on Campus

Other Foods/Beverages Sold – New State standards
“California Smart Snacks in Schools”

– Items sold by any entity from midnight through 30 minutes after school the school day.
– Meet standards for fat, saturated fat, sugar and calories.
– Different standards for elementary and secondary.
– Considerations: sugar-sweetened beverages (sports drinks, chocolate milk), health & safety issues for donated food for parties, fund-raising
– Online calculator for new standards will be available soon: www.californiaprojectlean.org
<table>
<thead>
<tr>
<th>(Name of School/School District) &amp; Student Population</th>
<th>Successful Fundraiser Who/What/When/Where/How? (Brief description)</th>
<th>Monies Raised (Choose Letter)</th>
<th>Profit to school (% or Portion)</th>
<th>Resources Available (Website, PDF Docs, etc.)</th>
<th>Main Lead Contact (Phone &amp; Email) (To share more about the event)</th>
<th>Time Commitment (Limited, Moderate or Significant)</th>
<th>Purpose of the fundraiser?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>A. $500-$1000</td>
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<td>B. $1,000-$3,000</td>
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<tr>
<td></td>
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<td>C. $3,000-$5,000</td>
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<td>D. $5,000-$10,000</td>
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<td></td>
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<td>E. $10,000+</td>
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</tbody>
</table>
Healthy Fundraisers Toolkit

- PPT to make the case for healthy fundraising
- Resource Guide
- San Diego County best practices
Thank You

Write down your questions!
Contact Information

COI-Schools & After-School Domain
Co-Chair and lead for District Rep Network

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