Local School Wellness Policy 2.0 – Ready, Set, Implement!

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Local School Wellness Policies

Overview

Policies will include:

- Goals for nutrition promotion and education, physical activity & school wellness activities;
- Nutrition guidelines for all foods available on school campus during the school day;
- Permitting a variety of stakeholders to participate in development, implementation, review and updating of the LWP;
- Informing and updating the public about LWP content and implementation; and
- Periodically measuring and reporting on implementation.

LWP Overview

School districts determine specific policies appropriate for their schools.

99% of U.S. students are enrolled in a school district with a wellness policy.

2004 vs. 2014
LWP requirements
LWP 2.0- Time for Implementation

School districts must now focus on LWP implementation in their schools.

NEW PROPOSED RULE REQUIREMENTS on Implementation

- Periodically measure and make available to the public an assessment on the implementation of the LWP, including:
  - the extent to which schools in the school districts are in compliance with the LWP.
  - a description of the progress made in attaining the goals of the LWP.
- Designate 1 or more school district official to ensure that each school complies with the LWP.
USDA Administrative Review

- July 1, 2013 - New USDA Administrative Review process.

- Every three years, school districts will be assessed on compliance with the National School Lunch Program and School Breakfast Program.

- Update includes a more in-depth assessment of LWP implementation, assessment, and public reporting.

LOCAL SCHOOL WELLNESS POLICY
Putting Local School Wellness Policies Into Action: Stories from Districts and Schools

- **Common themes:**
  - Importance of a wellness champion
  - Establishing wellness councils
  - Partnerships
  - Including parents and students in the process
  - A need for more quantitative evaluation

Resources

- Local school wellness policy website & proposed rule (USDA)

- School Nutrition Environment and Wellness Resources (USDA)
  - [http://healthymeals.nal.usda.gov/school-wellness-resources](http://healthymeals.nal.usda.gov/school-wellness-resources)

- School health guidelines to promote healthy eating and physical activity (CDC)
  - [www.cdc.gov/healthyyouth/npao/strategies.htm](http://www.cdc.gov/healthyyouth/npao/strategies.htm)

- Alliance for a Healthier Generation Model Wellness Policy
  - [www.healthiergeneration.org/take_action/schools/wellness_councils_policies/](http://www.healthiergeneration.org/take_action/schools/wellness_councils_policies/)
Resources

- **Resource to Sustain and Strengthen Local Wellness Initiatives (NFSMI)**
  - [www.nfsmi.org/documentlibraryfiles/PDF/20130228111227.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20130228111227.pdf)

- **Yale Rudd Center: WellSAT tool**
  - [http://wellsat.org](http://wellsat.org)

- **Action for Healthy Kids: Wellness Policy Tool**

- **Bridging the Gap: District Wellness Policy Data**
  - [www.bridgingthegapresearch.org/research/district_wellness_policies/](http://www.bridgingthegapresearch.org/research/district_wellness_policies/)
Thank You!

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