



# Fueling Achievement... It Matters!

## Changing the Menu: Strategies for Healthy Eating and Sodium Reduction in California

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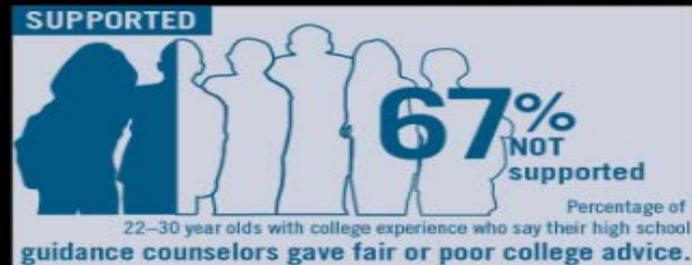
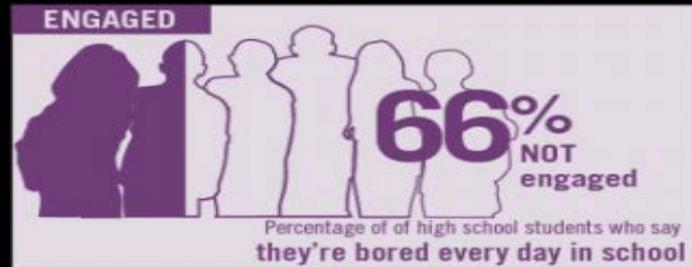
# Are We Educating the Whole Child?



There is evidence that students who are academically challenged, feel engaged with their schoolwork, are healthy, feel supported, and are safe — are more likely to attend and succeed in school. But according to some statistics, U.S. students aren't getting this broad-based education.

Sources: ASCD Whole Child, NCES Indicators of Crime and Safety, 2010, Civic Enterprises, Silent Epidemic, Grad Nation, 2005, Achieve, 2005

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# Key Elements that Fuel California Department of Education's Whole Child Approach

- **Wraparound services via strong collaboration between key partners**
- **A systems approach**
- **Support for healthy school climates/learning environments and student engagement**
- **Support for student health and safety, academic challenges**



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# Significance of California Department of Education's Whole Child Approach

- **Attention to multiple dimensions that impact student learning**
- **Ensure equity, adequacy, and sustainability in resources and quality**
- **Encourage students' experiences in wide variety of setting inside/outside of school**



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# **Significance of California Department of Education's Whole Child Approach (Cont.)**

- **Address the need for mentors and extra assistance to address specific student needs**
- **Encourage and include parental and community involvement**



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## WHOLE SCHOOL **WHOLE COMMUNITY** WHOLE CHILD



Source: A Collaborative Approach to Learning and Health  
ASCD and Centers for Disease Control and Prevention

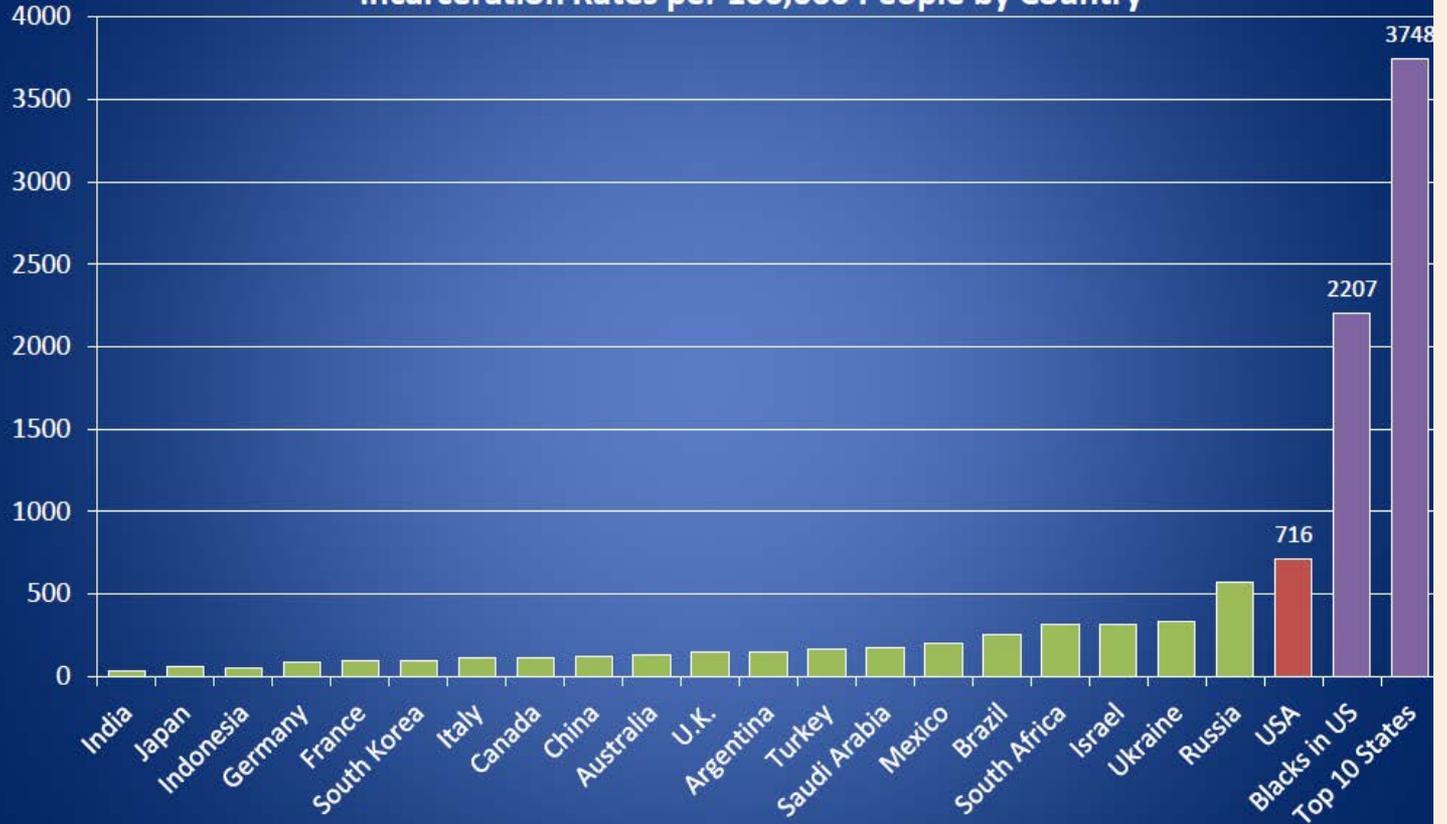


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# Incarceration Rates

## U.S. Incarceration Rate Highest in the World

Incarceration Rates per 100,000 People by Country\*



Prepared by the Office of Congressman Robert C. "Bobby" Scott (03/25/13)

\*Year of statistic varies by country according to most recent available data

Sources: International Centre for Prison Studies, Prison Policy Initiative, The Sentencing Project, US Census, Bureau of Justice Statistics



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*“The role of leadership is to transform the complex situation into small pieces and prioritize them.”*

*– Carlos Ghosn*

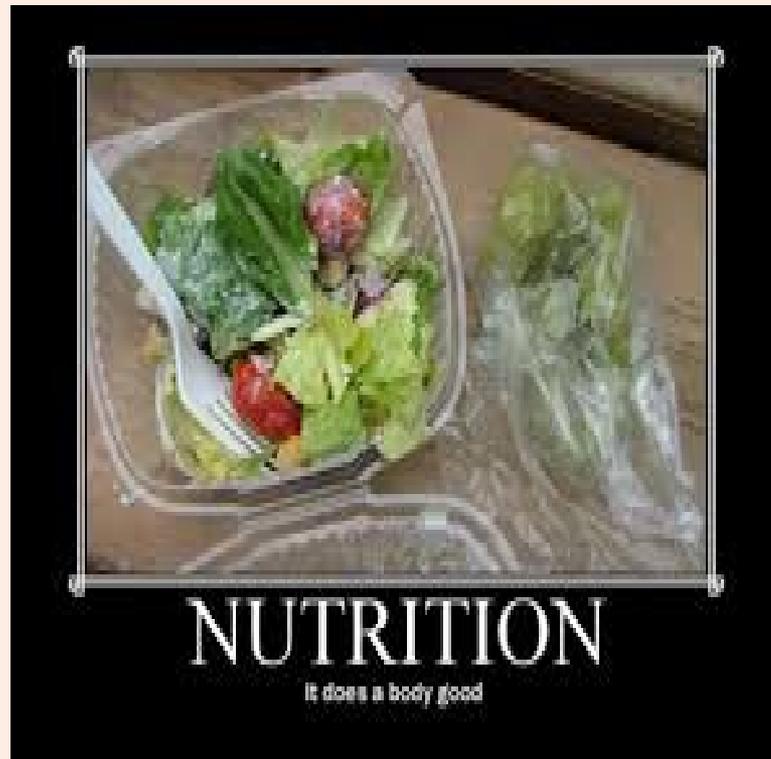
*“There’s a lot that’s broken, and I can’t fix it all... Today!”*

*– Gordon Jackson*

# Food is that Essential Fuel that Propels Students Forward. We **Know** This!



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# Funny How We Humans Often **Know** What We **Know** and Then Make A Choice That Suggests *We **Know** Nuthin'!*

## Why?

- Because a lot of decisions are not always made from our rational minds. (I remember platform shoes for guys when I was in high school...Why?)
- Emotions can hijack rational thinking and since they are in charge of the body, can keep us from doing what we know we should or should not do. (I woke up on the wrong side of the room, forget the bed, and that apple fritter made all the difference in the world!)
- Yes, it is true...What is right for you may be completely different than what I consider is right for me, but...



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# But Today, We Are Talking About Our Kids!

We tend to Share Universal Truths and Common **Knowledge** About Our Children:

- ✓ Our Hopes
- ✓ Our Promise
- ✓ Our Legacy
- ✓ Our Purpose
- ✓ Our ?



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# And So...Since We **Know** What We **Know**:

- More than half (62 percent) of all teens say they do not eat breakfast every day of the week.
- Breakfast eaters have better attention and memory than breakfast skippers.
- Three-in-four high school students are not active for the recommended 60 minutes each day.
- Students who were more active during school performed better on standardized tests for reading, math, and spelling.



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# And...We Also **Know** That:

- Eating too much sodium is associated with higher blood pressure in children and teens, and the effect is even greater if they are overweight or obese.
- High blood pressure in childhood is linked to early development of heart disease and risk for premature death.
- The number of American children with high blood pressure is on the rise, and about 1 in 6 children ages eight to seventeen years already has raised blood pressure.
- Lowering blood pressure during childhood can help lower the risk for high blood pressure as an adult. Eating less sodium can help lower blood pressure in children and teens.



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# So, **Knowing** What We **Know** and Valuing Our Children Such As We Universally Do, What Are We **Doing** About This Problem?

- Are we all modeling healthy eating?
- Do our schools use the American Heart Association's diet and lifestyle recommendations as a guide?
- Do we all involve our children when we are preparing healthy meals?
- As a collaborative system, are we messaging that there is a need to reduce the sodium our children eat?
- Are we collaboratively working to share information between those adults in decision-making roles so that we can help this issue matter to everyone?



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# Collaboration

- Collaboration and coordination among state education and health agencies along with counties, districts, and schools is critically important.



- Any conversation that focuses on students success should also include a focus on the health and well being of the whole child.



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# Moving Forward

- 1. Let's fortify our relationships and partnerships to support the Whole Child approach as we move forward;**
- 2. Develop a specific plan to message about the negative impact of excessive sodium on students' health and success;**
- 3. Let's work together to envision how a focus on the Whole Child can positively impact more of our collaborative work together.**



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# Questions?





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