



School Wellness PSE Webinar

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Purpose of the Webinar

1. LHD Sharing of Successes & Challenges
2. Providing Resources
3. Identifying Needs



Poll #1



What stage are you at?

- a) Assessing community/school needs
- b) Establishing relationships with school and/or community partners
- c) Identifying and reaching agreement among partners
- d) Planning the school wellness policy efforts
- e) Implementing the school wellness policy efforts

Healthy Youth Continuum Model



Learn/Live → **Promote/Practice** → **Action**



“Health Education”

“Community Engagement”

“Youth Leadership”

LHD Sharing: Success and Challenges



San Francisco LHD and USD – School Wellness Policy: Laura Brainin-Rodriguez and Mark Elkin

- LHD and SFUSD collaboration
- Implementing SFUSD school wellness policies in the classroom

Rewards

Celebrations

The SF DPH Perspective on School-based work



- **School Districts are independent entities from City and County administration**
- **Schools have many competing demands**
- **It is essential to partner with School District staff and stakeholders**
- **It really helps to fund these initiatives**
- **School District staff need to be full partners and to lead the process to advance initiatives**

San Francisco USD Wellness Policy



- **SFUSD: 55,000 students, 120 schools**
- **Wellness Policy adopted 2003, rev. 2007, currently in revision**
- **Developed with committee of**
 - **District stakeholders: Principals, Parents/ Caregivers, Teachers, Nurses**
 - **Community stakeholders: SFDPH, Community Based Organizations, Dept. of Children, Youth & Families...**
- **Implementation successes mostly in Elementary level**

Policy Language Regarding Classroom Celebrations



Food and drink provided to students by teachers, students, parents, or other staff on school property shall meet the SFUSD nutrition standard as specified in section 2b. This includes food and drink provided for birthdays, holiday celebrations, cooking projects, special days, rewards, treats, goodie bags, and academic activity (such as using snacks to learn math concepts).

Elementary School 1



- **290 students, 87% Latino**
- **School Nurse (.5 FTE) is key advocate**
- **Principal is actively supportive (i.e. talking to students at lunch, wearing fruit/veg shirt...)**
- **School staff has passed “100% healthy beverage” guidelines for school staff**
- **Guidelines apply to celebrations, rewards, and student snacks/lunches**

Elementary School 2



- **460 students, 86% Latino**
- **No clear advocate on-site (After school Coordinator, Family Liaison)**
- **Administrator is supportive, but cautious**
- **Staff coffee vending machine in cafeteria**
- **High needs school with multiple stakeholders with divergent priorities**
- **As a result the Wellness Policy is considered low priority**

Strategies

- **Identify key advocate(s) on-site**
- **Set up a Wellness Team—After School,**
- **Teach classroom lessons, teacher/parent workshops which target environmental change (i.e. MyPlate lesson linked to classroom parties, Halloween...)**
- **Target specific school needs, issues, strengths, culture: use site-specific data, make presentations to stakeholder groups**
- **Begin with most receptive (after school...)**
- **Choose one target area. (i.e. Sugary drinks)**

Porque tenemos pautas para bocadillos y refrigerios saludables...

La política de salud del Distrito Escolar de San Francisco para dice que todo alimento vendido o servido a los estudiantes sea saludable y nutritivo:

Alto en vitaminas y minerales!
Ricos con proteína y fibra!
Bajos en grasa, azúcar y calorías!

Porque los niños aprenden de los adultos en su vida, estamos animando a nuestra comunidad escolar a que modele el comer bien y hábitos de actividad física:

- a dar alimentos saludables para los almuerzos, fiestas de la escuela y eventos
- eviten usar los dulces como recompensas o premios
- mandar refrigerios y almuerzos
- incluir mas actividad física, antes, durante y después de escuela!

Si necesita algunas ideas para refrigerios o recetas saludables, por favor póngase en contacto con el maestro/a de su hijo/a.

Gracias por su apoyo!

Why we have healthy snack guidelines...

The SFUSD Wellness Policy says that all food sold or served to students should be healthy and nutritious:

High in vitamins & minerals!
Rich in protein & fiber!
Lower in fat, sugar & calories!

Because children learn from the adults around them we are encouraging our school community to model good eating habits and physical activity habits:

- Provide nutritious food for lunches, school parties, and school events
- Refrain from using candy as rewards
- Send healthier snacks and lunches
- Include more physical activity, before, during and after school!

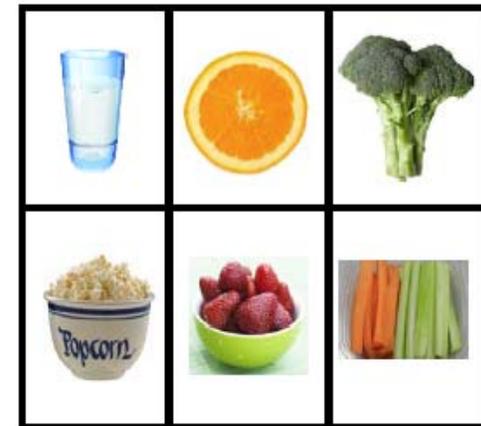
If you need some health snack ideas or healthy recipes, please contact your child's teachers!

Thank you for your support!



Fairmount Elementary School

Snack Guidelines



Pautas de la Escuela Fairmount para Bocadillos y Refrigerios Saludables

*Este año en Fairmount,
prometemos crear un
ambiente más saludable
para nuestros alumnos.*

**Reglas Saludables de Bocadillos
de Fairmount:**

**Ningún chicle o goma, ningún
caramelo**

en lugar de dulces, ofrezca fruta
seca.



Ningunas papitas

en lugar ofrezca galletas de trigo
integral o pretzel con poca sal.



Ninguna soda

en lugar ofrezca agua de fruta o jugo
mezclado con agua.



Ningún pastel ni cupcakes

en lugar tenga molletes integrals,
panecillos, y pan rematado con el
queso de crema, o pan con hummus
y jalea.

**Easy & Healthy
Snacks**



Fresh Fruit
Fresh Vegetables
Popcorn
Dried Fruit
Plain Yogurt
String Cheese
Applesauce



.....



**Bocadillos
Saludables y faciles**

Fruta
Verduras
Palmitas de Maiz
Frutas Secas
Yogur



Palitos de queso de hebra
Pure de manzana

*This year at Fairmount
we pledge to create a
healthier environment for
our students.*

**Fairmount Healthy Snack
Guidelines:**

No gum or candy

instead of sweets, offer dried fruit.



No chips

instead offer whole wheat crackers or
lightly salted pretzels.



No soda

instead offer sparkling water or tap
water with fresh sliced fruit or with
a splash of 100% fruit juice.



No cakes, cupcakes, or cookies

instead serve wholegrain muffins,
bagels, or bread topped with low-fat
cream cheese, hummus or jelly.



**Healthy
Behaviors
INITIATIVE**

Changing Lives, Saving Lives



Expanded Learning Programs

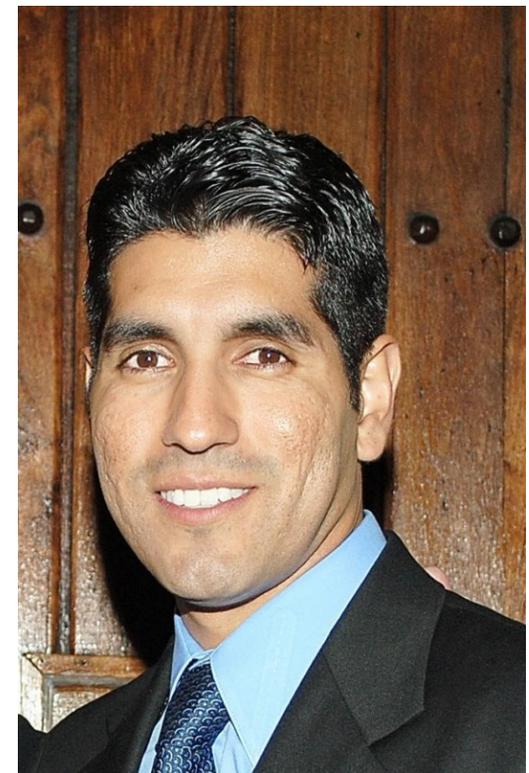
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**Healthy
Behaviors
INITIATIVE**

Changing Lives, Saving Lives



The Healthy Behaviors Initiative (HBI) supports local and statewide efforts by transforming expanded learning programs into places that embed healthy eating, physical activity and food security in their policies, practices and behaviors--changing the lives of the students, staff and families. Currently there are 18 multi-site programs and 26 Learning Centers statewide that are implementing the HBI practices at an exemplary level; impacting the policies, practices and behaviors of close to 800 expanded learning sites throughout California.

www.HealthyBehaviorsInitiative.org



**Healthy
Behaviors
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California's Expanded Learning Programs

- California has over 4,400 publicly funded after school programs serving over 420,000 low-income children and youth (ASES & 21st CCLC)
- Programs operate 5 days/week, 3 hrs./day (not drop-in)—high schools have more flexible hours
- These expanded learning programs serve high-need communities (Students, staff, families of both)
- One in four elementary and middle schools with after school programs receive supplemental funding to be used year-round



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Why Work with Afterschool/Summer Programs?

Programs have flexibility to address all 3 NEOP priority areas in a comprehensive and integrated way

- Must offer enrichment opportunities in addition to academic assistance
(Enrichment can include nutrition education, healthy cooking classes, gardening, and physical activity)
- Must provide healthy snack—can now offer federally-funded meal with fruits and vegetables
- Can complement and influence school day





**Healthy
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High Quality Programs use experiential, project-based learning

- Programs as places of learning
 - Learning that is active, collaborative, meaningful, supports mastery, and expands horizons
- Students can become advocates—additional resource, not just target audience

Programs work well with community partners

- Enrichment is often supported by community partners
- Required match for state afterschool funds builds local accountability



CDE Quality Standards on Healthy choices and behaviors

The program promotes student well-being through opportunities to learn about and practice balanced nutrition, physical activity and other healthy choices in an environment that supports a healthy lifestyle.

Healthy choices and behaviors in action:

“The program advances from compliance to commitment by identifying healthy practice priorities which include being an integral part of the school wellness plan and implementation.”

“The program provides daily opportunities for nutrition and physical activity that have the same intentionality and rigor as academics because health is directly linked and essential to the success of the participants.”



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Available Resources

Webpage created to assist in connecting local health departments with after school programs

www.afterschoolnetwork.org/neop

- Regional Lead System
- Database of Publicly Funded After School Programs
- Tools and Resources Available to Programs and Families
- CAN Nutrition and PA committee
- Database of Sites Serving After School Meals



**Healthy
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CAN

California AfterSchool Network

CONNECT. CONVENE. INSPIRE.   

Search the site

- [Home »](#)
- [Information & Resources »](#)
- [Training & Event Calendar »](#)
- [CAN Publications »](#)
- [About Us »](#)

- « Nutrition and Physical Activity
- After School Meal Program
- Resources for Parents
- Nutrition Education Obesity Prevention (NEOP)
- Summer Meal Program
- Team California For Healthy After Schools
- Resources
- Policy
- Research
- Committee

« **CACFP After School Meal Sites and Sponsors** »

The database was last updated on July 1, 2013 and will be updated quarterly.

Access our searchable database that contains all publicly funded after school programs in California and their sponsors that are currently serving CACFP after school meals.

The database is searchable by Site Name, City, County, Zip Code, School District, and Sponsor Name.

[Access our database now!](#)

[Read more](#)

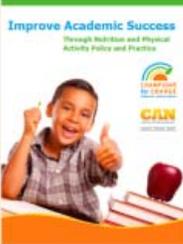


Regional After School Technical Assistance System (RASTAS) »

What is a Regional Lead?

Network for a Healthy California Tools and Resources »

Download these new tools and resources for after school program practitioners, participants, and their families on how to incorporate nutrition and physical activity to create healthy after school programs. These tools and resources are funded by USDA SNAP, known in California as CalFresh, from the California Department of Public Health.



- [Read more](#)  [Improve Academic Success Through Nutrition and Physical Activity Policy and Practice](#)  [Tips for Creating Healthy After School Programs- Seven Simple Steps for Program Directors and Site Coordinators](#)  [Be A Healthy Role Model for Children \(10 Tips Nutrition Education Series\): English & Spanish](#)

LHD Sharing: Success and Challenges



Nevada County – School Wellness Policy: Shaun Havard

- LHD and school district collaboration
- Developing a school wellness policy template for a school district

LHD Sharing: Success and Challenges



Santa Cruz County – Hydration Stations in School: Corinne Hyland

- **Collaboration with:**



Environmental
Assessment

New School
Wellness Policy

- **Next Steps.....**

- MOU/agreement for installation/maintenance
- Student engagement
- Continue to work with CDPH using RE-AIM

Key Strategies - Santa Cruz



CCSFA

Healthy food. Healthy kids.



Paid by a CA4Health Grant

LHD Sharing: Success and Challenges



Imperial County – Hydration Stations in School: Janette Angulo (Health Promotion Manager) and Jorge Torres (Health Programs Supervisor)

- **Tying NEOPB PSE Efforts with CX3 Neighborhoods**
- **CA4Health PSE Efforts: Lessons Learned**
 - **Assessment Tool (FoodBEAMS)**
 - **Successes/Challenges**
 - **Community Engagement**
 - **Partnerships**



LHD Sharing: Success and Challenges



CA4Health (Humboldt): Blanca Bautista and Joan Levy

- Outside of NEOPB-funded work –
Hydration station implementation at Eureka High
- Collaboration with Kelley Kyle on NEOPB-funded PSE work –
Arcata and Hoopa Valley High

**Youth
Engagement**

**Wellness
Policy**

CA4Health



CA4Health



Resources



- **2015 SNAP-Ed Guidance:**
<http://snap.nal.usda.gov/snap/Guidance/FinalFY2015SNAP-EdGuidance.pdf>
- **USDA SNAP-Ed PSE Strategies and Interventions Toolkit:**
<http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>
- **PSE Resource Guide**
- **RE-AIM one-pagers: School Wellness Policies and Water Stations**
- **Water Works: A Guide to Improving Water Access and Consumption in Schools to Improve Healthy and Support Learning**
<http://waterinschools.org/pdfs/WaterWorksGuide2014.pdf>

LHD Sharing: Questions & Discussion



- **Any questions for our guest speakers on school wellness policy *implementation*?**
- **Does anyone else have an experience with school wellness policy *implementation* to share?**



Poll #2



Do you plan to work on school wellness policies as part of your PSE efforts?

- a) Yes
- b) No

Poll #3



What are your needs for the next school wellness policy call?

- a) School Wellness 101: How to begin working on school wellness?
- b) Assessment and evaluation tools and strategies
- c) Engaging school staff and other stakeholders
- d) Strategies to implement school wellness policies

Thank You!

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