Three green apples are arranged on a white surface. One apple is in the foreground, slightly to the right, and is the largest. Two other apples are behind it, one to the left and one to the right. The apples are bright green with some yellowing near the stems. The text is overlaid on the apples.

Local Wellness Policies in Massachusetts: Do they make the grade?

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**Presented at APHA 2007
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Background



The Law Requires...

- Goals for:
 - Nutrition education, physical activity and other school-based activities
 - Nutrition guidelines
 - Guidelines for reimbursable school meals
- A plan for measuring implementation
- A plan for involving the community



Many Resources Available to Districts





Study Design and Methods

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Research Questions

1. What are the characteristics of wellness policies in Massachusetts?
2. How many Massachusetts policies are meeting the requirements of the new law?

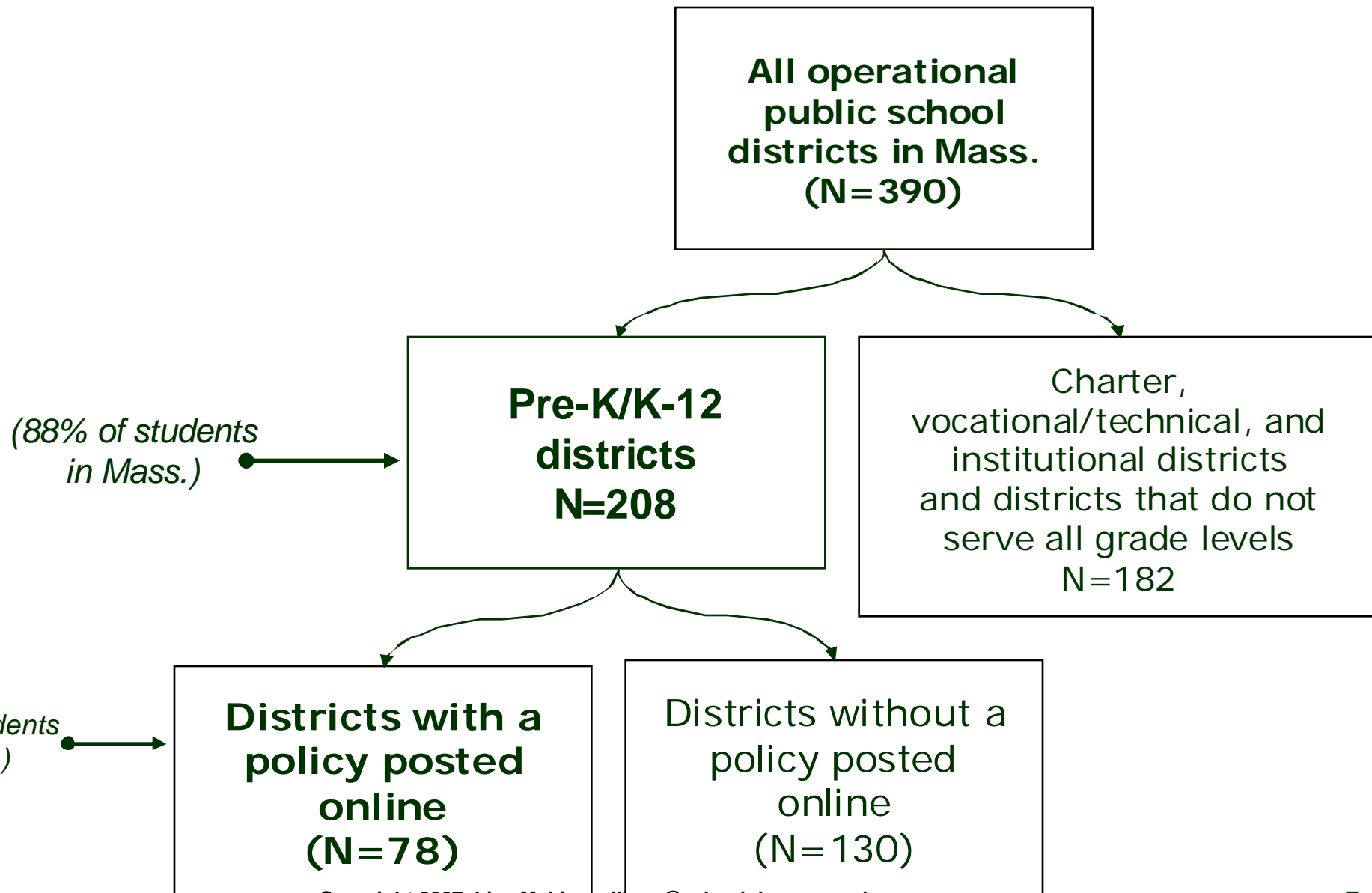


Policy Evaluation Tool

District	Nutrition education	Physical activity	Other wellness promotion activities	Nutrition guidelines - all campus	Nutrition guidelines - school meals	Assessment plan
Scale of 0-3: 0=absent, 1=broad, 2=some detail, and 3=detailed						



Selection Methodology for Districts Included in Study

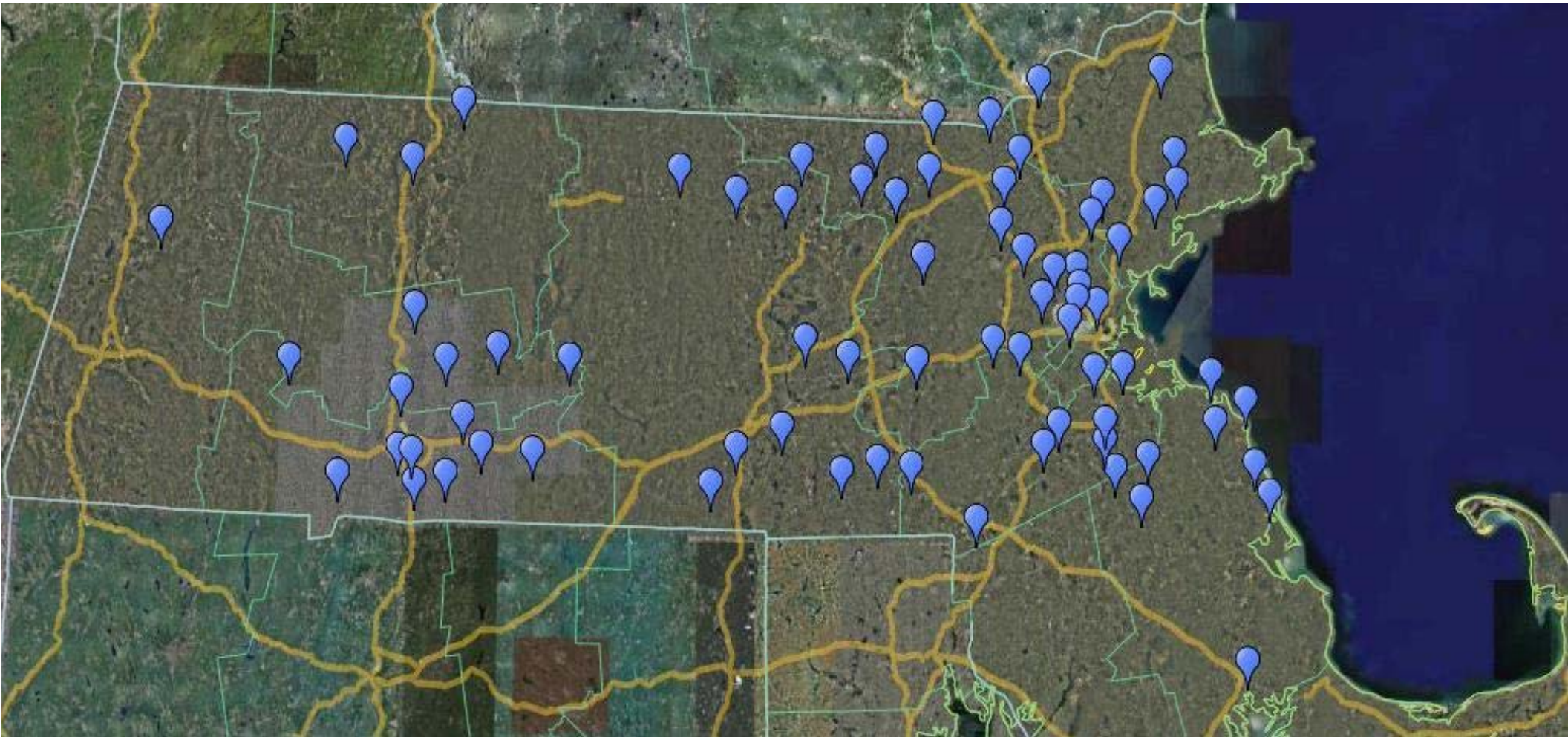




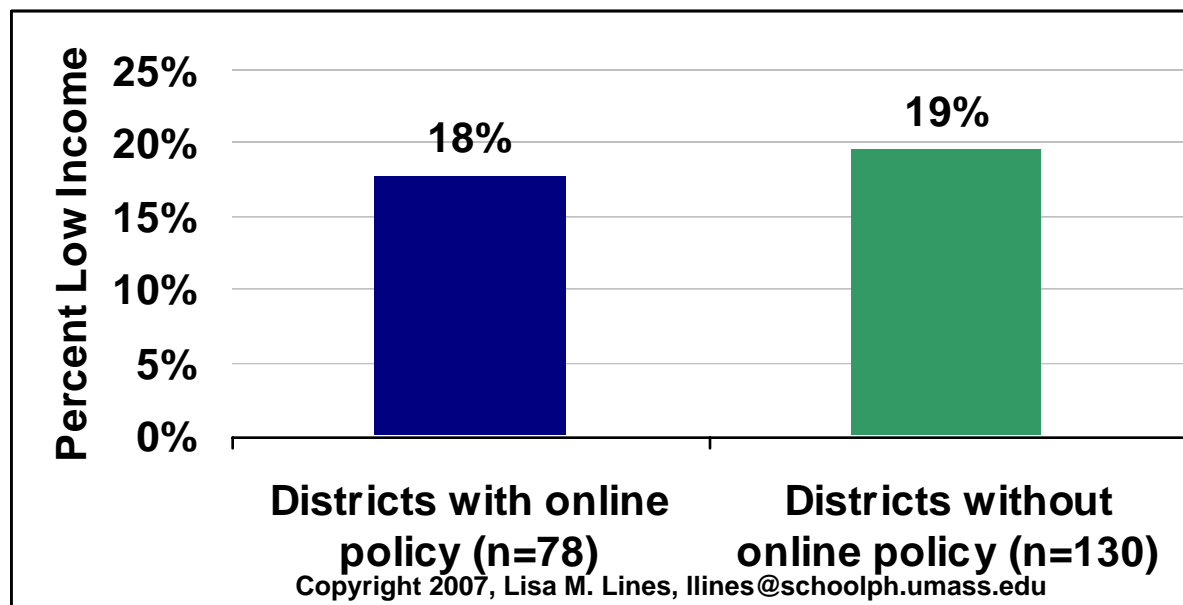
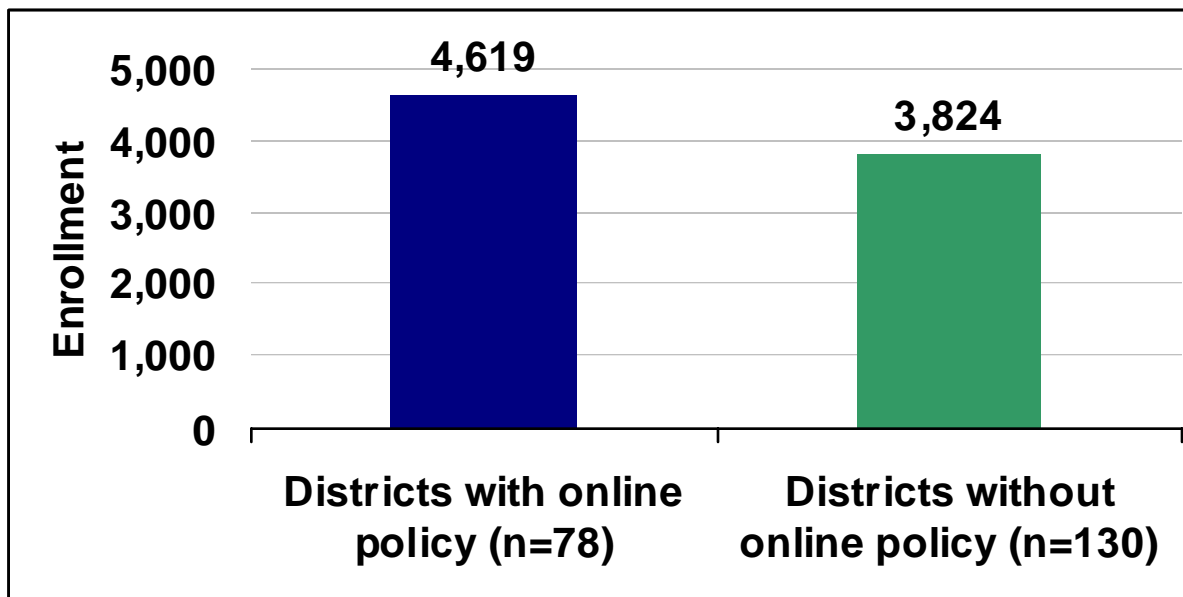
Results

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Districts Were Fairly Well Distributed Across the State



Districts with Online Policies Were Similar to Those Without



Policy Lengths

	Mass.	Largest 100 Districts Nationwide*	140 Policies from 49 States**
Mean	6.5	5	5
Range	0.5 – 35.1	<1 – 26	<1 – 20

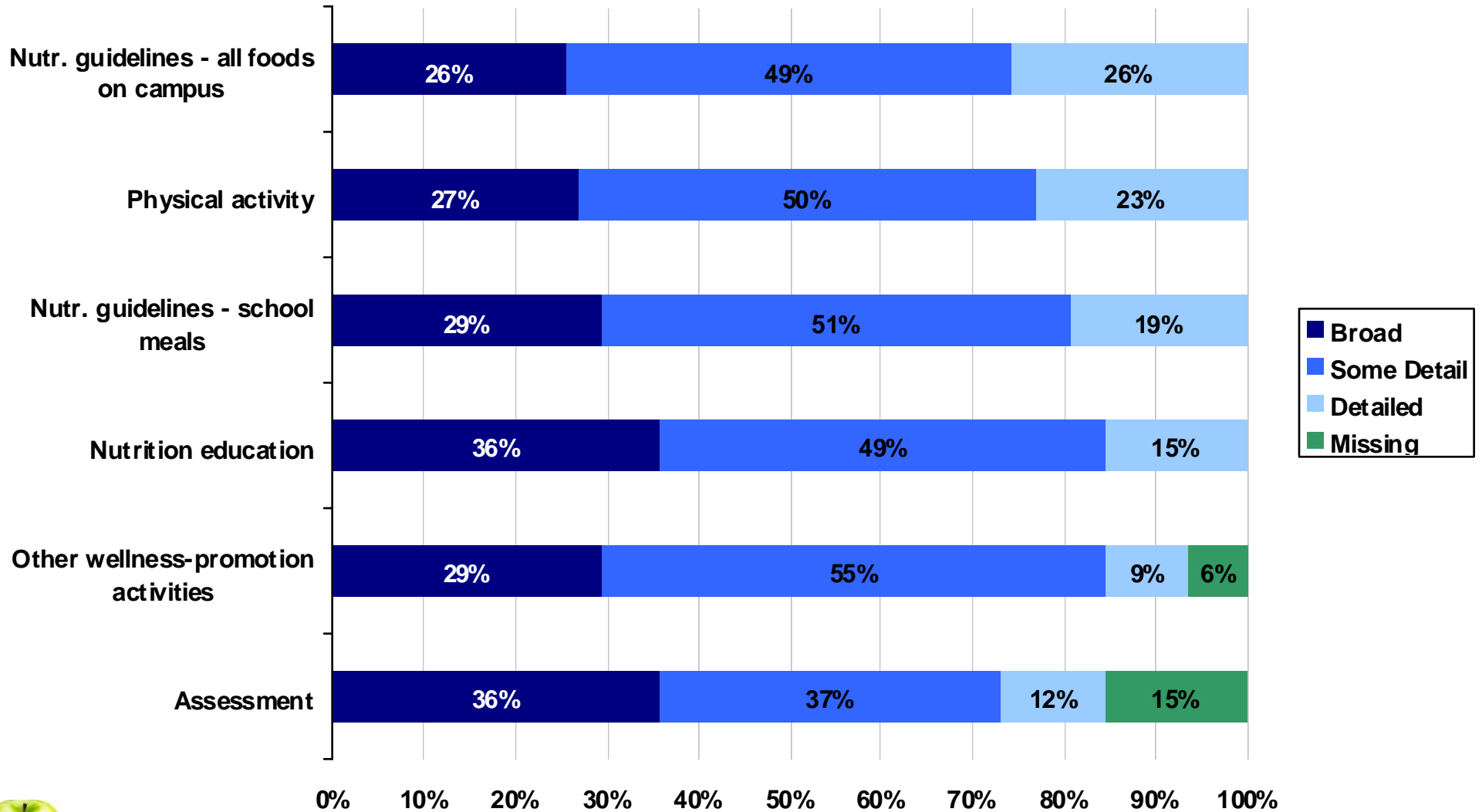


* A Foundation for the Future, School Nutrition Association, 2006

** A Foundation for the Future II, School Nutrition Association, 2006



Details, Details



Nutrition Guidelines – All Foods on Campus

- 55% of policies covered vending machines
- 43% covered food as a reward
- 39% covered school parties, celebrations, and/or fundraisers



Physical Activity: The Bare Minimum

- “Physical activity outside of physical education classes will be promoted and encouraged”
- “All students will have opportunities, support, and encouragement to be physically active on a regular basis.”





Discussion

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Appendix: Sample Policies

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Nutrition Guidelines – School Meals

A. School Meals

The School Food Service Program will continue to follow the USDA requirements for the Federal School Meals Program and the School Meals Initiative for Healthy Children of 1996 (Dietary Guidelines for Americans).

The nutritional requirements for school lunches are:

- Must provide 1/3 the Recommended Daily Allowance for:
 - Calories
 - Protein
 - Vitamin A
 - Vitamin C
 - Calcium
 - Iron

No more than 30% of an individual's calories come from fats

Less than 10% of an individual's calories come from saturated fats.

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer fiber rich fruits, vegetables and whole grains often
- serve milk with a fat content of 2% or less

Such information will be made available on menus, a website, on cafeteria and menu boards.

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Nutrition Guidelines for School Meals: The Bare Minimum

The ██████ Public School District is committed to providing a school environment that enhances the development of lifelong wellness practices by supporting healthy eating and physical activity. The school system will:

- engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies;
- provide opportunities, support and encouragement for K-12 students to be physically active on a regular basis;
- sell or serve foods and beverages at school that will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*;
- provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat;
- participate in the National School Lunch Program;
- provide Nutrition Education and Physical Education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.



Vending Machine Policies

III. Vending Machine Policy

Student Accessible Vending Machines: Rules and Regulations

- Access - Contingent on timers
 - Elementary students: Beverage machines only; no access until after school.
 - Secondary students: Before school, during lunch and after school only.
- Nutrition Quality

Consistent with USDA regulations for school meal programs, the following foods and beverages of minimal nutritional value shall not be sold in school-based vending machines:

 - Sugar sweetened beverages
 - Water ices
 - Chewing gum
 - Other candies, including hard candy, jellies, marshmallow candy, licorice, candy-coated popcorn

In addition to the above USDA school lunch regulations, vending machines in the Cambridge Public Schools will follow the CPS Healthy Food and Beverage Guidelines (Appendix I)

CPS Healthy Food and Beverage Guidelines

Snack foods and beverages must contain:

- No more than 35% sugar or other sweeteners (by weight); except fresh, dried or canned fruits and vegetables
- No more than 35% of total calories from fat, except nuts or seeds
- No more than 10% of calories from saturated fat, except 1% milk
- No caffeine (except chocolate milk)
- Juice or juice drinks allowed must contain 50% or more real fruit or vegetable juice
- Sports drinks must have no more than 42 grams of added sweetener per 20 ounce serving

Recommended portion limits:

- Snacks and sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): 1.25 oz
- Cookies and cereal bars: 2 oz
- Bakery items (pastries, muffins): 3 oz
- Frozen desserts, (ice cream, frozen yogurt): 3 oz
- Yogurt: 8 oz
- Beverages (no limit on water): 12 oz

Examples of acceptable foods for vending machines are found in Appendix III.



Nutrition Education

Student Nutrition Education

The Hadley School District aims to teach, encourage, and support healthy eating by students. The schools will provide nutrition education at all levels, elementary, middle, and high school. Nutrition education will be taught as part of a sequential, comprehensive, standards based program designed to provide learners with the knowledge and skills necessary to promote and protect their health.

Elementary

The learner will be able to:

- discuss types of snack food that are healthy.
- identify healthy food.
- name foods from each of the five food groups.
- recognize the three concepts of variety, moderation and balance.
- identify food as the body's source of fuel.
- recognize the importance of breakfast and snacking throughout the day.
- explain the function of the current FDA food pyramid.
- identify the major nutrients.
- recognize that the amount of food needed changes as the body grows.
- describe safety practices used in preparing foods.
- identify the components of a food label.
- understand how individual and family preferences, media, and family background will influence food choices.
- identify eating disorders and discuss healthy weight loss and weight gain practices.



Physical Activity

- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. Students in grades 9-12 will receive wellness education for the entire school year.
- Physical education classes will be taught by a certified physical education teacher.
- Wellness education, including physical activity, will be a requirement for high school graduation.
- Physical Education courses will provide an environment where children learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Student involvement in other activities involving physical activity (e.g., recess, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, where moderate to vigorous physical activity is encouraged, with the provision of space and safe equipment.
- Teachers and other school and community personnel will not use physical activity as a disciplinary measure. Physical Education will not be withheld as punishment or to make up classroom work.
- Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- Recess or other physical activity time is to be used on a limited basis for instructional make-up time.

