

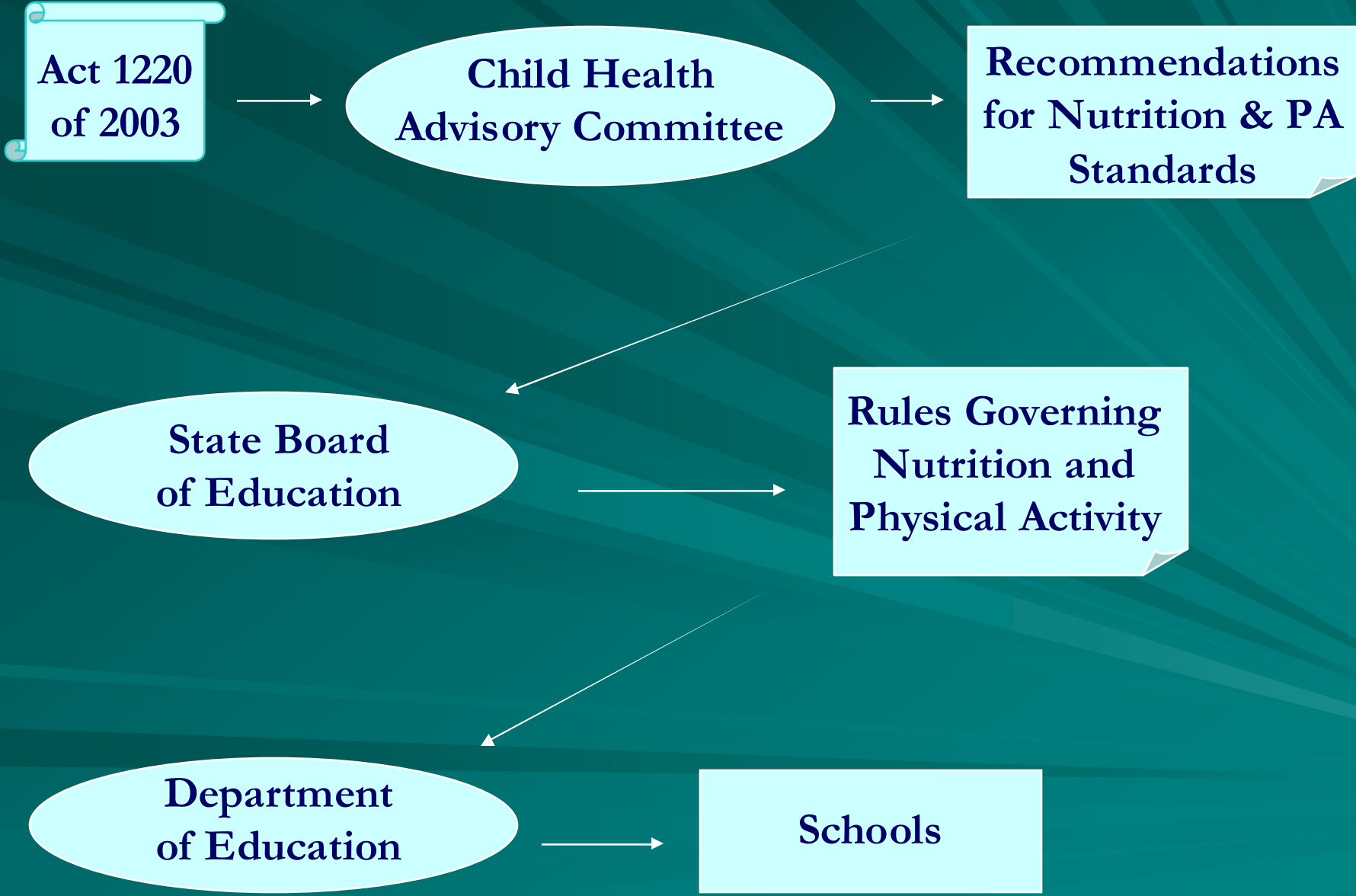
An innovative response to complex state and federal regulations for school wellness policies

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Purposes

- Briefly describe state and federal legislation to address child health through nutrition and physical activity
- Explain Arkansas' education official's innovative tools, the Wellness Priority Protocol and Checklist, used by schools in meeting state and federal regulations



Rules for Nutrition & Physical Activity Standards

- School level Nutrition and Physical Activity Advisory Committee
- General requirements for foods and beverages in public schools
 - Time, location, types of foods sold in schools
 - Limit special events with food to nine days a year
 - Foods not to be used as rewards in classrooms
- Nutrition standards for foods and beverages
 - Portion sizes (vending, cafeterias)
 - Balance of healthy/less healthy items in vending machines
- Nutrition education
- Physical education and physical activity standards
 - Minimum time requirements
 - Teacher:student ratios
- Process for BMI assessment



Federal

- Federal Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 (known as CNRA)
 - Mandate schools develop a Wellness Policy by 2006 - 2007 school year
 - National School Lunch program, School Breakfast program, and other federally funded programs



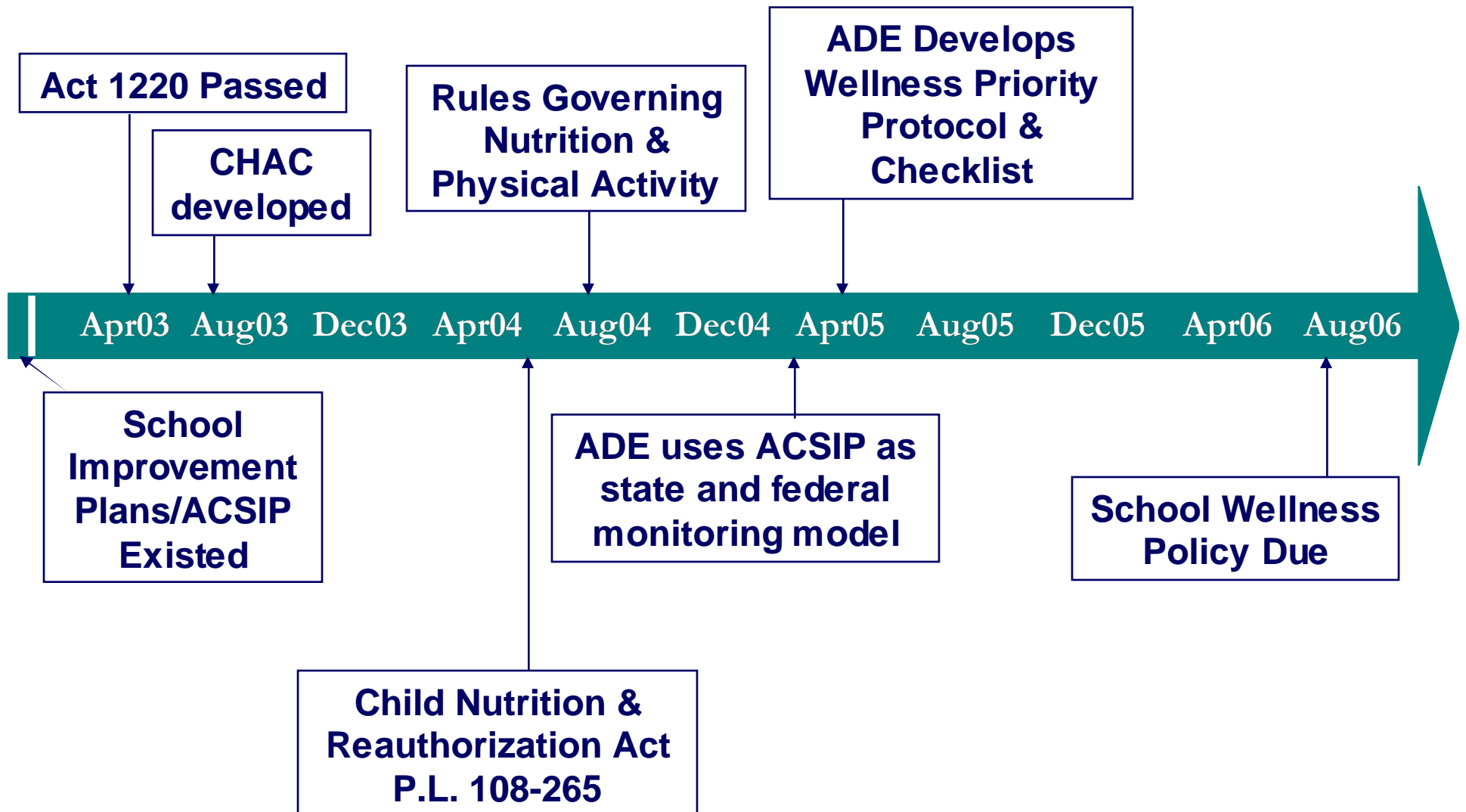
CNRA of 2004

1. Develop School Wellness Policy, including
 - Goals for nutrition education, physical activity, and other school-based student wellness activities;
 - Nutrition guidelines for all school foods aimed at promoting health and reducing childhood obesity;
 - Guidelines for reimbursable meals with no less restrictive regulations than prior to this Act.
2. Community involvement in development of wellness policy including parents, students, and other community representatives;
3. A plan for measuring implementation of school wellness policy with one or more persons taking responsibility.

Arkansas Department of Education (ADE)

- Wanted a streamlined approach to comply with state and federal policies
- Arkansas Consolidated School Improvement Plan (ACSIP) – Online July 2001
 - Used to meet Federal and State mandates for monitoring of educational goals
 - Extension of School Improvement Plan processes
- Used ACSIP model and adapted to meet Wellness Priority for state and federal laws

Timeline 2003 - 2006

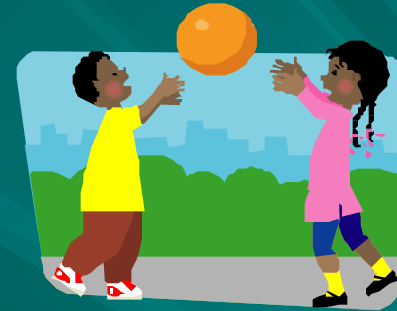


Wellness Priority Protocol

- Priority Standards
 - Act 1220 of 2003
 - Child Nutrition Reauthorization Act of 2004
- Supporting Data Sources
 - School Health Index
 - Body Mass Index Data
 - Choose 2 of YRBS, economic indicators for school attendance area, Kids Count data, Hometown Health data

Wellness Priority Protocol

- Goal Statements
- Benchmark Statements
- Interventions
- Actions
 - Nutrition
 - Physical Activity
 - Community Involvement
- Find model at:
<http://cnn.k12.ar.us/Wellness/Wellness%20Protocol.doc>



Wellness Checklist

- **Component 1**: Nutrition education, physical activity and other school-based activities designed to promote student wellness;
- **Component 2**: Nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
- **Component 3**: Guidelines for reimbursable school meals, no less restrictive than regulations and guidance issued by the Secretary of Agriculture (CRNA and NSLP)

Wellness Checklist

- **Component 4**: A plan for measuring implementation of the local wellness policy, including designation of 1 or more persons charged with ensuring each school fulfills the district's local wellness policy;
- **Component 5**: Community involvement, including parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.
- Find at: <http://cnn.k12.ar.us/Wellness/ACSIP-WellnessPriority.htm>

Summary

- Federal CNRA and SBE provided guidelines, rules and regs for schools to implement
- Arkansas streamlined the process for schools
- The Model and Checklist encouraged comprehensive wellness plans and assured efficient compliance with both state and federal mandates
- The Model and Checklist were means of inspiring and facilitating change around nutrition and physical activity

Questions???

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Resources

ADE Child Nutrition Unit

- <http://cnn.k12.ar.us/>

Wellness Model

- <http://cnn.k12.ar.us/Wellness/Wellness%20Protocol.doc>

Wellness Checklist

- <http://cnn.k12.ar.us/Wellness/ACSIP-WellnessPriority.htm>