

# Wellness Policy

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## A guide to understanding the Wellness Policy

Diocese of Phoenix Catholic Schools Office



# The Child Nutrition and WIC Reauthorization Act of 2004

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□ **Public Law 108-265** enacted June 30, 2004

□ **Section 204 – Local Wellness Policies**

*“Not later than the first day of the school year beginning after June 30, 2006, each local educational agency ... shall establish a local school wellness policy”*

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# What does the Law **require**?

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- Local education agency (LEA) or **school district** participating in the National Lunch and/or School Breakfast Program to develop a policy the promotes the health of students.
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# WHY

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The focus on Wellness Policies?



# WHY

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- ❑ Prevalence of overweight children aged 6–11 has more than doubled in the past 20 years
  - ❑ Overweight children and adolescents are more likely to remain overweight becoming obese adults developing chronic disease
  - ❑ One in three American children born in 2000 will develop diabetes in their lifetime
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# WHY

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- Unhealthy diet and physical activity patterns account for at least **365,000** deaths among adults in the United States each year
  - Overweight children are less likely achieve academic success
  - Between 56-85% of school age children consume soda everyday. (Am Diet Assoc. 2003)
  - 51% of school-age children consume less than one serving of fruits and vegetables a day. (Am Diet Assoc. 2003)
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WHAT  
does the Law Require?



# Components of a Wellness Policy

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- ❑ 1. Goals for nutrition education, physical activity, and other school-based activities
  - ❑ 2. Nutrition guidelines for all foods sold on campus
  - ❑ 3. Assurance that school meals meet USDA regulations
  - ❑ 4. Establish plan for measuring implementation of wellness policy
  - ❑ 5. involve parents, students and representatives of school food service
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# What are the Deadlines?

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- Districts must establish local wellness policies by the beginning of School Year 2006-2007, but working with local wellness policies is ongoing. They should be continuously implemented, evaluated, and updated.
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# ARIZONA

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ARS. 15-242

The Arizona Nutrition Standards –  
approved January, 2006

ACTION FOR HEALTHY KIDS,  
ARIZONA STATE TEAM

Arizona Healthy School Environment  
Model Policy

# ARS. 15-242

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**By July 1, 2006, the department shall develop minimum nutrition standards that meet at least federal guidelines and regulations for foods and beverages sold or served on the school grounds of elementary schools, middle schools and junior high schools during the normal school day. ....This subsection does not prohibit the department from developing minimum nutrition standards that are more stringent than the federal guidelines and regulations for foods and beverages sold or served on school grounds during the normal school day.**

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# ARS. 15-242

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- Beginning on July 15, 2006, new contracts and renewal contracts for food or beverages, or both, shall expressly prohibit the sale of sugared, carbonated beverages and all other foods of minimal nutritional value as defined by 7 Code of Federal Regulations section 210.11(2) on elementary school, middle school and junior high school campuses. The department may approve, on or after the effective date of this section, a carbonated drink that is determined by the department to meet or exceed the department's minimum nutrition standards.
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# ARS. 15-242

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- School districts that offer instruction in grades nine through twelve may adopt nutrition standards for high school campuses.
  - Nothing in this section shall be construed to:  
  
Prohibit a school district from developing and adopting nutrition standards that are more stringent than those developed pursuant to this section.
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# Nutritional Standards

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- **Nutritional Standards** approved  
January, 2006
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# Action for Healthy Kids, Arizona State Team

## Arizona Healthy School Environment Model Policy

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- Further revisions on hold pending results of pilot study
  - All Arizona public, private, and charter schools should endeavor to voluntarily adopt the policy in part or as a whole, recognizing that the maximum benefit will be achieved by adopting the policy in whole.
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# DIOCESE OF PHOENIX

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The development of the  
Wellness Policy

# Diocesan School Wellness Policy

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- All schools, throughout the Catholic Diocese of Phoenix, will adopt, implement, and communicate a School Wellness Policy with the following components:
    - A. Nutritional Guidelines
    - B. Nutrition Education
    - C. Physical Activity
    - D. Other School-Based Activity
    - E. Parent and Staff Involvement
    - F. Evaluation
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# DIOCESE OF PHOENIX

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## □ School Health Advisory Committee

### Food Service personnel

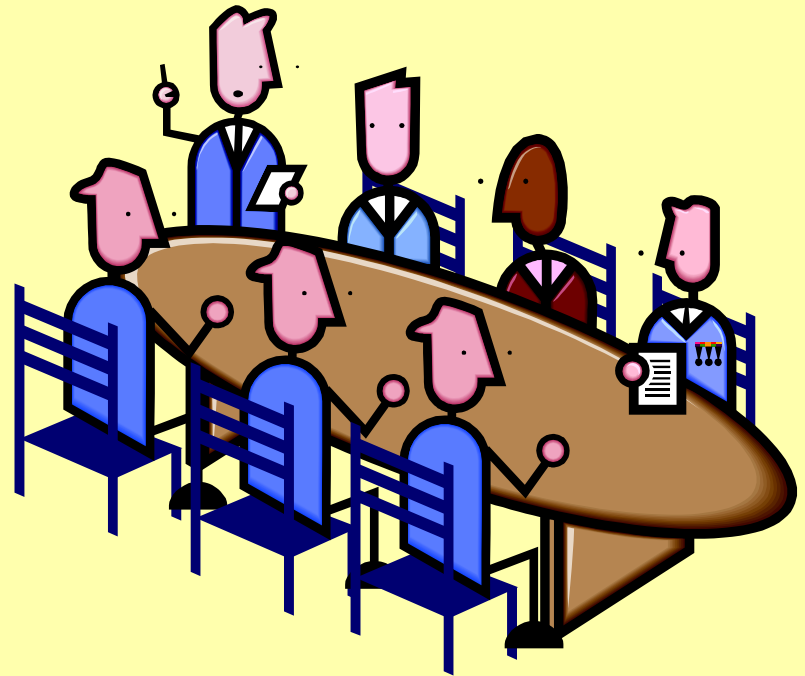
- 2 School food service directors
- 1 Caterer

### Physical Education Teachers

- 2 Elementary
- 1 High school

### Parent Administrator

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# School Health Advisory Committee

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- ❑ Researched the necessary components
  - ❑ Reviewed many state wellness policies
  - ❑ Review Wellness Policy Principal Surveys from April 27, 2006
  - ❑ Reviewed Diocesan Curriculum Standards
  - ❑ Integrated appropriate information from Action For Healthy Kids, Arizona State Team
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# Wellness Policy

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## □ Introduction

\_\_\_\_\_ Catholic School is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by supporting healthy eating and physical activities. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, physical and mental growth and lifelong health and well-being. The purpose of this policy is to offer students the tools and knowledge necessary to make healthy choices for their body.

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# Wellness Policy

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## **Component A:** Nutritional Guidelines

Food Service

Food Service Staff

Pleasant Eating

Experience

## **Component B:** Nutritional Education

## **Component C:** Physical Activity

Physical Education

Physical Activity

## **Component D:** Other School-Based Activities

# Wellness Policy

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- **Component E:**  
Parent and Staff Involvement
  - **Component F:**  
Implementation and Evaluation
  - **A commitment to Nutrition and Physical Activity**
- **Dates to Remember**  
**August, 2006: Policy distributed to parents, student, staff**
  - October 1, 2006: Baseline assessment to be sent to Catholic Schools Office**
  - May 30-each year: assessment and report sent to Catholic Schools Office**
  - August, 2007: Policy published in parent/student handbook**
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# Information

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- The Arizona Nutrition Standard  
[www.ade.az.gov](http://www.ade.az.gov)
  - School Day: Beginning with the start of the first breakfast period until the end of the last instruction period (last bell).
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# Information

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- ❑ Foods of Minimal Nutritional Value (FMNV)  
Foods and beverages that do not provide at least 5% of the Recommended Daily Intake (RDI) for any one of several key nutrients.
  - ❑ ARS 15-242 restricts all FMNV for the entire day. All foods and beverages served/sold in vending machines, snack bars, a la carte, fundraisers and school events will be subject to the Arizona Nutrition Standards regardless if they are exempt for the FMNV food list by USDA.
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