

Building on the ROCK

Creating a Healthy School – The Role of
Wellness Policies for Schools



Dave Nichols, Presenter

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Nemours Health &
Prevention Services

School Strategy

- Support school districts in making policy and practice changes that lead to
 - improved planning and assessment,
 - teacher and administrator practices,
 - and school environments that help students make healthy lifestyle choices.
- Policy goals focus on
 - encouraging all K-8 students to participate in at least 150 minutes of physical activity per week,
 - decreasing access to high calorie/low nutrient foods in the school environment,
 - and collecting and reporting fitness data.



In Delaware Schools

REACH = 89,850 children in 14 districts

Children In Schools Are:

- Participating in 150 minutes of physical activity per week
- Participating in CATCH & Take 10 activities (48 elementary, 18 middle schools)
- Eating healthier meals at school
- Only allowed to buy healthier foods and drinks

Supporting Policy Action

- Physical education physical activity (PEPA) pilot approved by the Delaware Legislature
 - Buy-in from 41 schools in Delaware for the implementation of 150 minutes of physical activity per student



School District System Change

Legislation Passed

- March 2006: House Bill 372 - FITNESSGRAM®
- July 2006: House Bill 471 - Physical Education/Physical Activity (PE/PA) Pilot
- June 2009: Joint Resolution by State House and Senate to endorse 150 minutes of PE/PA per week per child in every school
- July 2009: Resolution by State Board of Education to support schools pursuing 150 minutes of PE/PA
- DOE pilot project (*on 150 minutes of PA*) evaluation found that **a higher average number of students attending Pilot Schools reached the Healthy Fitness Zone** in four out of five FITNESSGRAM® tests. (19 schools)

School District System Change

Policy Adoption and Implementation

- By end of 2008, 9 out of 11 school districts adopted and officially documented two or more NHPS recommended best practices - 75,000 (72 %) of DE children in public school in the 11 districts
- 86 schools, 62% of elementary and middle schools, are implementing PE/PA projects
- School districts voluntarily developing and adopting plans to incorporate 150 minutes of moderate to vigorous physical activity in all K-8 schools
- School districts developing internal monitoring systems to inform them on the breadth and depth of wellness policy implementation

School District Collaborative

REACH = 76,400 children in 11 districts (Cohorts 1 and 2)

- 75% of the 4 Cohort 1 districts' nutrition services departments are making strides in taking control of the food and beverages sold on campus
- 100% of districts in Cohort 1 are making strides to achieve the goal of 150 minutes of physical activity for every student
- *5-2-1-Almost None* workshop trainings have been conducted for school-based wellness teams representing approximately 60 schools in Cohort 1
- 48 elementary and 18 middle schools are adopting CATCH and Take 10 (Cohort 1, Cohort 2 and PA Pilot Schools)



88% of participants reported they were *very likely* to recommend the collaborative to district colleagues

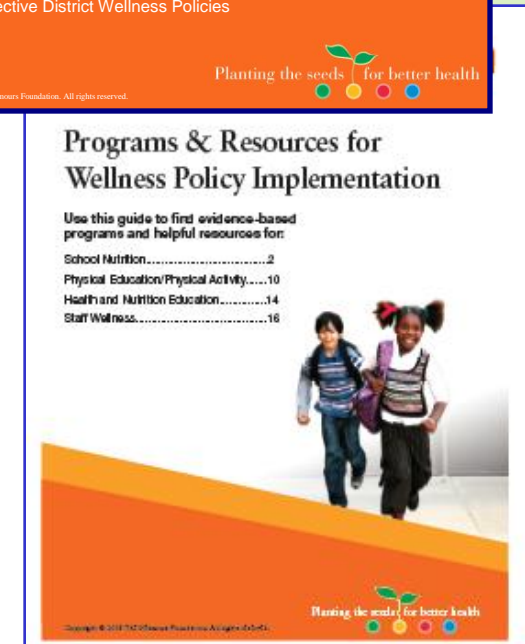
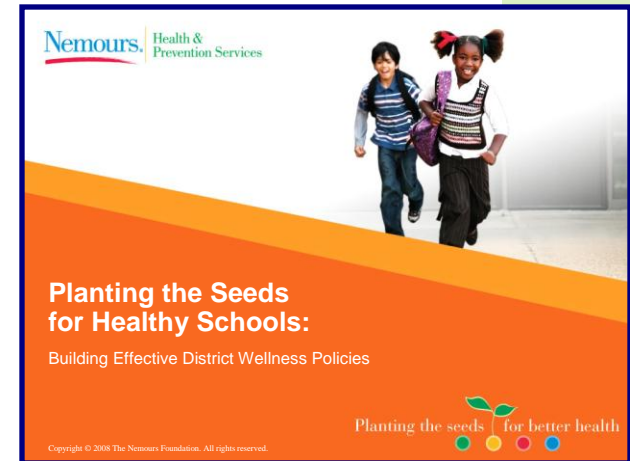
Tools for School Districts

- School Wellness Policy Toolkit
NHPS developed a CD toolkit providing school districts with a stepwise process and templates for:

- reviewing,
- revising,
- implementing; and
- monitoring

a recommended comprehensive and detailed district wellness policy

A “Programs & Resources” guide highlights evidence-based programs such as CATCH and Take 10, which encourage creative physical activity



Discussion Questions

1. **What is happening here?**
2. **What are your opportunities?**
3. **What are your challenges/ barriers?**
4. **What could be a path forward?**
 - What would you like to accomplish?
 - How do you build support?
5. **What should ROCK do next?**
 - Do you have all the players you need?
 - What can your organization contribute?