



School Boards & Student Wellness

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**Martin Gonzalez
Assistant Exec. Director**

The Links Between Nutrition & Learning

- ◆ Improved attendance
- ◆ Lower rates of tardiness and absenteeism
- ◆ Improved behavior
- ◆ Less visits to school nurse
- ◆ Increased attention and creativity
- ◆ Higher test scores
- ◆ Less able to resist infection

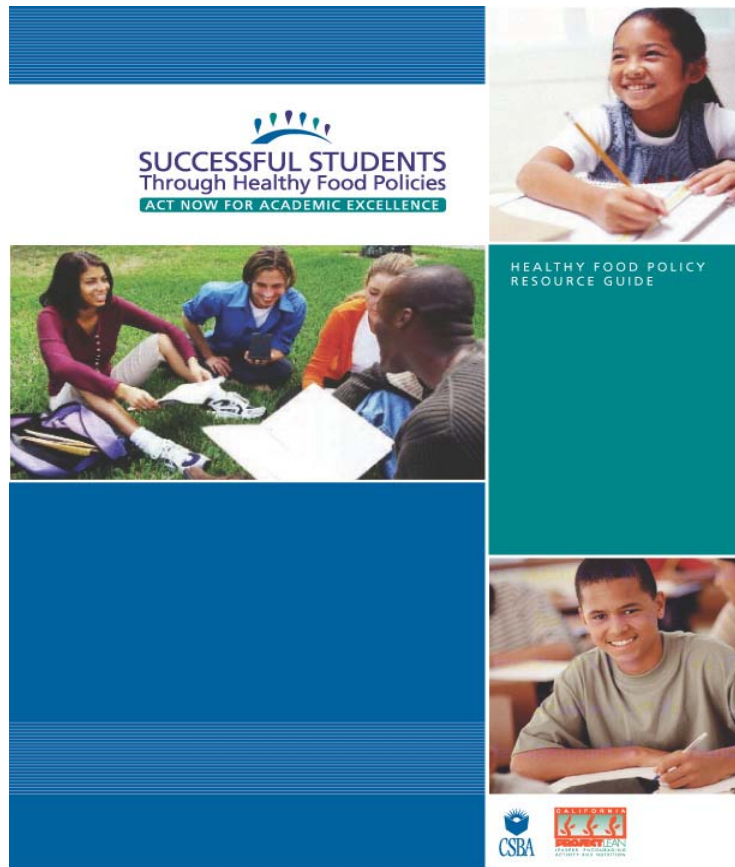
The Links Between Physical Activity and Learning

- ◆ Increased concentration
- ◆ Higher test scores
- ◆ Reduced disruptive behavior
- ◆ Better attendance
- ◆ Positive attitude
- ◆ Positive effects on immune system

The Cost of Inaction to Schools

- ◆ Research suggests an association between weight problems and lower academic achievement likely due to increased absenteeism.
- ◆ If children miss just one day per month, this would cost a large school district like New York \$28 million, while Chicago would forfeit about \$9 million each year in state funds.

What can School Boards do?



Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide

Policy Guide Includes:

- ◆ Introduction to nutrition and physical activity for students
- ◆ What schools & boards can do
- ◆ Policy Development worksheets
- ◆ Sample nutrition, physical activity and wellness policies
- ◆ Case studies from CA districts
- ◆ Resources and fact sheets

Comprehensive Program

- What School Districts Can Do
 - Emphasize proper nutrition and physical activity as a priority.
 - Ensure quality school meals.
 - Monitor competitive food sales.
 - Provide an environment conducive to good health.
 - Support nutrition education and physical education.
 - Promote healthy eating.
 - Explore revenue generating alternatives.
 - Assess the Districts nutrition and physical activity programs.

Comprehensive Program

- What School Boards Can Do
 - Set a vision for good nutrition and good health.
 - Become advocates for good health.
 - Adopt policy.
 - Adopt curriculum.
 - Allocate resources to district programs.
 - Ensure program accountability.
 - Encourage collaborative approaches.

Policy Development Worksheet

Four Part Worksheet

- Part I – Introduction of nutrition policy topic. Discussion and development an understanding of issue and its relationship with student learning and academic achievement.
- Part II – Assessment of existing BPs and ARs in order to determine the need for future development or revision.

Policy Development Worksheet

Four Part Worksheet, Continued

- Part III -- Policy development process to help determine the necessary actions and responsibilities for collecting data and making recommendations.
- Part IV -- Format for completing policy revisions and developing new BPs and ARs.
- Workplan and Timeline is also included.

CSBA Sample Policies

- **BP 0200** (Goals for the District)
- **BP/AR 3550** (Food service/Child Nutrition)
- **BP/AR 3553** (Free & Reduced Price meals)
- **BP/AR 3554** (Other Food Sales)
- **BP 5030** (Student Wellness)
- **BP/AR 6142.8** (Comprehensive Health Ed.)
- **CSBA materials are samples.**

Case Studies

- ◆ Capistrano USD:
Ban on soft drinks and junk food
- ◆ Folsom Cordova USD:
Healthier school meals.
- ◆ Los Angeles USD:
Ban on soft drink and junk food sales, improving physical education.
- ◆ Oakland USD:
Ban on soft drinks and junk food.

Case Studies

- ◆ Vista USD:
Healthier foods and beverages in vending machines.
- ◆ San Francisco Unified School District:
Comprehensive Nutrition Policy.
- ◆ Eastside Union High School District:
Competitive Food Sales and Physical Activity Opportunities.
- ◆ Eureka City Unified School District:
Nutritional Standards for All Foods Sold on School Campus.

CSBA and CPL

- ♦ **CSBA**
www.csba.org/ps/
- ♦ **California Project LEAN**
www.californiaprojectlean.org/
- ♦ **Bright Ideas**
www.californiaprojectlean.org/brightideas/

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Contact Information

Martin Gonzalez

Assistant Executive Director

Governance and Policy Services

3100 Beacon Blvd.

West Sacramento, CA 95691

(916) 669-3340 – Phone

(916) 371-3407 – Fax

mgonzale@csba.org