Hungry for Nutrition Education in Your Schools?

School Nutrition Annual Conference

July 14, 2014, 4:30 PM

Boston, MA
Hungry for Nutrition Education in Your Schools?

Rene Yamashiro, SNS
Director Food Services
Roseville City School District
OBJECTIVES

- Discover why school foodservice supports nutrition education in schools
- Investigate nutrition education and its influence on student consumption
- Explore the comprehensive nutrition education model and systems approach for behavior change
- Learn what teachers are saying about the classroom to cafeteria connection
- Role of partnerships
What does nutrition education look like to you?

Introduce yourself to the person next to you and share your answer.
LEA shall establish a LSWP for all schools
Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
CSNA Legislative Position on Nutrition Education

- Sequential, standards based nutrition education be incorporated into pre-k through 12th grade curricula in order to:
  - Provide a foundation of life long good nutrition practices
  - Equip students to make nutritious choices
  - Maximize utilization of the school based child nutrition programs
Supporting Nutrition Education

- School Nutrition programs support nutrition education
  - Offering nutritious foods in the cafeteria
  - Healthy messaging in cafeterias
Healthy Messages in the Cafeteria
Healthy Messages in the Community
KEEP YOURSELF HYDRATED

DRINK MORE WATER
Natomas Unified School District
Food Service Department
Making Healthy Choices For You Everyday

Make Half Your Plate Fruits & Vegetables
FREE SUMMER MEALS for CHILDREN 18 & UNDER
MAY 28 - AUG 9
- American Lakes
- Natomas High School
- Natomas Middle School
- Jefferson Elementary
- Bannon Creek
Hungry for Nutrition Education in Your Schools?

Shannan D. Young, RDN, SNS
Senior Project Manager
Dairy Council of California
School Meals
Building Blocks for Healthy Children

Access to nutritious, low-cost meals
Support growth and development
Foster healthy eating habits
Safeguard children’s health
Based on Dietary Guidelines for Americans
Increase availability of key food group
US Consumption Compared to MyPlate

U.S. consumption in relation to MyPlate food group recommendations, 2011

- Meat
- Grains
- Vegetables
- Dairy
- Fruit

MyPlate recommendations

Note: Rice data were discontinued and thus are not included in the grains group.
1Based on a 2,000-calorie diet.
Report Conclusion:

“...Other efforts will be needed to encourage more students to try the new fruit and vegetable offerings. Multiple strategies for encouraging consumption—such as in-class educational efforts and altering the food environment...are probably needed.”
Schools Role in Obesity Prevention: National Results
Survey by Field Research Corporation on behalf of Kaiser Permanente

- 83% adults favor the new USDA school nutrition standards
- 83% parents feel nutrition education is highly important
- 71% adults endorse extending new standards beyond mealtime
- 9 out of 10 parents say K-12 schools should play a role in reducing obesity in their community

http://share.kaiserpermanente.org/article/survey-americans-expect-schools-to-lead-in-preventing-
Systematic Review of Community-Based Childhood Obesity Prevention Studies

- American Academy of Pediatrics
- Published July 12, 2013
5 SOLUTIONS FOR CHANGING OUR COMMUNITIES

INTEGRATE PHYSICAL ACTIVITY EVERY DAY IN EVERY WAY.

STRENGTHEN SCHOOLS AS THE HEART OF HEALTH.

ON THEIR OWN, ANY ONE OF THESE FIVE SOLUTIONS MIGHT HELP SPEED UP PROGRESS IN PREVENTING OBESITY, BUT TOGETHER, THEIR EFFECT WOULD BE REINFORCED, AMPLIFIED, AND MAXIMIZED.

MARKET WHAT MATTERS FOR A HEALTHY LIFE.

EAT WELL!

ACTIVATE EMPLOYERS AND HEALTH CARE PROFESSIONALS.

MAKE HEALTHY FOODS AVAILABLE EVERYWHERE.

ANYONE AND EVERYONE CAN BE A LEADER AND PLAY A PART IN IMPLEMENTING THESE FIVE SOLUTIONS. WHAT CAN YOU DO TO HELP SOLVE OUR OBESITY PROBLEM?
Goal: Nutrition Education moves from Intervention to Institutionalization
Strategy for Systems Behavior Change

- **Nutrition Education** (Want to Do)
- **Policy** (Able to Do)
- **Cafeteria** (Triggered to Do)

Partnerships
The California Local School Wellness Policy (LSWP) Collaborative brings together state leaders committed to improving student wellness and academic success. By leveraging their collective resources, the collaborative members are building a statewide infrastructure that supports schools in updating and implementing their Local School Wellness Policies.

**Vision:**
We inspire school communities to take their wellness policies from paper to practice.

**Mission:**
We are a catalyst for school communities and stakeholders to implement highly effective local school wellness policies in California schools to support student health and academic achievement.

**Collaborative Goals:**
- Build broad support for local school wellness policy implementation, among schools, after-school programs, health departments, elected officials and community stakeholders; and
- Assist districts in revising their policies to meet Child Nutrition Reauthorization Act/Healthy Hunger-Free Kids Act of 2010 requirements and strengthening their skills and commitment to implement local priorities and monitor adopted local school wellness policies.

For more information about the California Local School Wellness (LSWP) Collaborative and to access resources, please visit our web page at: TeamCaliforniaForHealthyKids.org/School-Wellness

**Partner Organizations**
- Alliance for a Healthier Generation
- California Action for Healthy Kids
- California Department of Education — Nutrition Services, Team California for Healthy Kids
- California Department of Public Health — Network for a Healthy California
- California Project LEAN
- California Association for Health, Physical Education, Recreation and Dance
- California School Boards Association
- California State Parent Teacher Association
- Center for Collaborative Solutions
- UC Davis Center for Nutrition in Schools
- Dairy Council of California
- HealthCorps
- Sacramento City Unified School District
- UC CalFresh/Nutrition Education Program
Smarter Lunchrooms Movement in California

Partners

Training

SLM in CA

TA
Effective Nutrition Education Program in K-12 Schools

Nutrition Promotion
- Posters
- Bulletin Boards
- Newsletters
- Marketing

Food Literacy
- Taste Testing
- Planning
- Purchasing
- Cooking
- Food Safety

Classroom Nutrition Education
- USDA Dietary Guidelines for Americans
- Based on health education standards
- Part of a comprehensive health education program
- Integrates nutrition knowledge and skills
- Encourages experiential learning
- Assess knowledge, skills and behaviors
- Engages family and community
- Incorporates the physical environment

Common Core State Standards
Why Nutrition Promotion and Nutrition Education?

**Nutrition Promotion**
- Impulse
- Visual Influence
- Decision Making
- Knowledge

**Classroom Nutrition Education**
- Impulse
- Visual Influence
- Decision Making
- Knowledge
Effective Comprehensive Nutrition Education Program in K-12 Schools

Nutrition Promotion + Classroom Nutrition Education

Impulse

Visual Influence

Decision Making

Knowledge
California Children’s Power Play! Campaign
Impact on Student Intake of Fruits and Vegetables

FIGURE 1: Change in Fruit and Vegetable Intake

- Change in cups/day
- Change between Baseline and Follow-up

Fruit: Intervention vs. Control
Vegetables: Intervention vs. Control
Fruits & Vegetables: Intervention vs. Control
Snap-Ed Students Consume $2^X$ more Vegetables

3 times more likely to select vegetable
2 times likely to select both F/V
2 times the variety of vegetables
2 times vegetable servings
Nutrition Education Evaluation

Results

- Knowledge of food groups
- Nutrient-rich food choices
- Physical activity

- Extra foods
- Non-nutritive beverages
- Screen time
Reasons why teachers teach nutrition: What 2,084 teachers say

29.3% believe it's a vital topic left out of standard curriculum

24.8% have a passion for nutrition and health and want to pass on to students

10.4% have seen the results of students being well nourished and doing better in school

12.9% nutrition ties to curriculum but offers variety

20% have seen the results of students eating better, practicing healthier habits
What teachers are saying about nutrition education...

I see them making healthier choices in the lunch line, such as making sure they get their fruits and vegetables.

1st grade teacher
Helen L. Dollaham Elementary

I had two former students come back and report that they were now eating healthy because I had taught them how and why.

Kindergarten teacher
Westminster Avenue Elementary
What are teachers requesting?
And the survey says...

- Tips and fun ideas for teaching nutrition education
- Parent handouts
- Guest speakers
- Host a booth at health fair
- Videos teaching nutrition
- Field trip opportunities
- Bilingual materials
### Table 3: Nutrition Education Funding Per Participant in FY 2008 by Program

<table>
<thead>
<tr>
<th>Program</th>
<th>2008 Funding (Millions)</th>
<th>Participants¹ (Millions)</th>
<th>Dollars per Year Per Participant²</th>
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<tbody>
<tr>
<td>SNAP</td>
<td>$314.1</td>
<td>28.4</td>
<td>$11.1</td>
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<tr>
<td>Team Nutrition</td>
<td>13.3</td>
<td>50.3</td>
<td>0.3</td>
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<tr>
<td>WIC-Nutrition Ed</td>
<td>358.0</td>
<td>8.7</td>
<td>41.1</td>
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<td>WIC-Breastfeeding Promotion</td>
<td>131.8</td>
<td>1.5</td>
<td>87.8</td>
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<td>FDPIR Nutrition Aides</td>
<td>1.2</td>
<td>0.09</td>
<td>13.8</td>
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¹ All programs based upon average monthly participation unless otherwise noted here. Team Nutrition participation is based on total school enrollment in the National School Lunch Program (NSLP). WIC Breastfeeding Promotion participants include pregnant and breastfeeding women only.
² Per participant nutrition education dollars are based on unrounded program funding totals not shown.
³ Includes $1.99M in SNAP-ED resources used at the Federal level.
Strategy for Systems Behavior Change

- **Nutrition Education (Want to Do)**
- **Policy (Able to Do)**
- **Cafeteria (Triggered to Do)**

Partnerships
Hungry for Nutrition Education in Your Schools?

Lenea Pollett, Dr.PH, CHES, RD
HSP Manager Coachella Valley
Alliance for a Healthier Generation
Alliance for a Healthier Generation

Cycle of Success

- Nutrition Education
- School Meals
- Competitive Foods
- Physical Education
- Staff Wellness
- Student Wellness
- School Policy

Find Champion

Establish Partnerships

Convene Meeting

Identify Priorities

Create Action Plan

Identify Resources

Take Action

Evaluate

Celebrate
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<tr>
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<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
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<tbody>
<tr>
<td>Apples</td>
<td>Beets</td>
<td>Asparagus</td>
<td>Corn</td>
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<tr>
<td>Cooked Greens</td>
<td>Broccoli</td>
<td>Avocados</td>
<td>Grapes</td>
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<tr>
<td>Kiwifruit</td>
<td>Cabbages</td>
<td>Berries</td>
<td>Green Beans</td>
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<td>Pears</td>
<td>Dry Beans</td>
<td>Cucumber</td>
<td>Melons</td>
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<td>Grapefruit</td>
<td>Carrots</td>
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<td>Pumpkins</td>
<td>Mandarins</td>
<td>Dried Fruit</td>
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<td>Oranges</td>
<td>Peas</td>
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<td>Tomatoes</td>
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What do teachers say when teaching nutrition education in the classroom?
Questions???