WHAT’S HAPPENING ACROSS THE NATION IN OUR SCHOOLS? A LOOK AT NUTRITION AND PHYSICAL ACTIVITY

Future of Education

- School Structure for the 21st Century
  - Environments – including addressing the whole child
  - Time
  - Life long learning and focusing treating students as individual learners
  - Technology
- Race to the Top and Common Core
- Real time assessments and tracking progress
- Data systems

YouTube - Vision for technology in K-12 Education URL
Critical Educationally Relevant Health Factors

1) vision
2) asthma
3) teen pregnancy
4) aggression & violence
5) ADHD
6) physical activity
7) breakfast

Obesity and Academic Achievement

- Children who are obese have:
  - greater absentee rates
  - lower academic achievement
  - teased and bullied
  - Along with all other health complications

CDC DASH Report
Academic Performance and School Based Physical Activity and Physical Education

- Physical Education
  - Devoting time to physical education may have a positive relationship to academic achievement or may not negatively affect it.
  - Favorable associations with cognitive skills and attitudes.
- Physical activity breaks and activity offered throughout the day may be associated with:
  - Decreases in classroom misbehavior
  - Increases in cognitive function, including concentration and memory
  - Positive effects on academic achievement

Report can be found at: www.cdc.gov/healthyyouth

CDC DASH Report: Academic Performance and School Based Physical Activity and Physical Education

- Recess
  - Positive association with cognitive skills like time on task, attitudes and academic behavior.
  - One study found that overall classroom behavior was better for students with at least 15 min. of recess every day.
- Extracurricular physical activity
  - Positive association with academic performance including higher grades and grade points averages as well as high school drop out rates.

Report can be found at: www.cdc.gov/healthyyouth
How are our children doing?

How active are our youth?

- In a national study of physical activity in children and youth:
  - 58% of 6-11 year olds did not meet minimum physical activity recommendations
    - Girls averaged ~10 min/day of vigorous activity
    - Boys averaged ~16 min/day of vigorous activity
  - 92% of 12-19 year olds did not meeting minimum physical activity recommendations
    - Girls averaged ~1-3 min/day of vigorous activity
    - Boys averaged ~3-6 min/day of vigorous activity
Physical Education Classes

States Requiring Time/Frequency for PE and Time for Physical Activity Outside of PE in Secondary Schools
States that have at the MS and HS level either (1) time or frequency requirement for PE, (2) Physical activity time outside of PE requirement or (3) activity break requirement:
Things to consider:

- Policies addressing all students, especially middle school and high school, physical education and physical activity should be stronger and meet national recommendations.

- Quality PE:
  - PE exemptions
  - Requiring moderate and vigorous activity in PE
  - Using qualified PE instructors and following NASPE standards
  - Setting minimum time and frequency requirements for PE

- Physical activity outside of PE
  - Time for physical activity outside of PE
  - Physical activity breaks
  - Sedentary time to less than 2 hrs.

Tennessee

- Required policy for physical activity
  - State accountability
  - Systematic training and education
    - All levels including leadership

- Resources
  - Take 10!, energizers
  - Middle school and high school implementation
Nutrition

Percentage of High School Students Who Ate Fruits and Vegetables Five or More Times/Day,* 2009

* 100% fruit juices, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables during the 7 days before the survey.

State Youth Risk Behavior Surveys, 2009
Percentage of High School Students Who Ate Vegetables Three or More Times/Day,* 2009

* Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables during the 7 days before the survey.

State Youth Risk Behavior Surveys, 2009

Percentage of High School Students Who Ate Fruit or Drank 100% Fruit Juices Two or More Times/Day,* 2009

* During the 7 days before the survey.

State Youth Risk Behavior Surveys, 2009
Percentage of High School Students Who Drank Three or More Glasses/Day of Milk,* 2009

* During the 7 days before the survey.

State Youth Risk Behavior Surveys, 2009

States Requiring Comprehensive Nutrition Standards for Competitive Foods in Secondary Schools
States requiring nutrition standards for competitive foods in la carte and vending which limit fat, sugar and calories/portion size at the MS and HS level
States Prohibiting All Unhealthy Beverages During the School Day in Secondary Schools
States with beverage standards that prohibit regular soda, diet soda and other sugar sweetened beverages including non-100% juice at the MS and HS level

States Increasing Access to or Availability of Fruits and Vegetables in Secondary Schools
States requiring strategies to increase access and availability of fruits and vegetables at the MS and HS level
Things to Consider

- Policies addressing all age groups, including middle school and high school nutrition environments should be stronger and meet national recommendations.
- Competitive Foods and beverages
  - Strengthen food and beverage policies to be consistent across all grade levels for all settings and standards.
- Fruit and vegetables
  - As unhealthy foods are removed, replace with fruits, vegetables and whole grains.
- Food marketing should support the overall nutrition environment.

Competitive Foods and School Meals
Key Factors for Policy Change From State to School Level

- Detailed explanation and guidance about policy from the state. Understanding WHY, WHO, and WHAT at all levels
  - County/District level ownership
    - Superintendents
    - Principles
    - Educators
    - Food Service Directors/Cafeteria Managers
    - Students and families
- Ongoing Networking-collaboration and sharing
- Pre-service and credentialing

Student Taste Tests and Engagement

- Vermont Student Taste Test materials
- Students Taking Charge
  - [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- Alliance for a Healthier Generation Empower Me
  - [www.healthiergeneration.org](http://www.healthiergeneration.org)
Is it possible to do?

- Recent studies show little or no budget impact from changing standards.
  - West Virginia: 80% of principals reported little or no changes from new state-wide competitive food standards.
  - In Massachusetts: 70% of food service directors reported no change in food revenue while an additional 26% reported an actual increase in revenue when they changed their food options and/or marketing in the a la carte lines.
  - Connecticut: Pilot study showed no change in food cost.
  - California: Showed a dramatic increase in school meal participation.

- Training and technical support are important to help educate nutrition and school staff on the policies and new practices.

- Marketing and education help to inform families and students of the new changes so they can be supportive.
Resources

- **NASBE:**
  - Nutrition Needs Assessment process: contact Elizabeth Walker at elizabethw@nasbe.org
  - Fit, Healthy, Ready to Learn: www.nasbe.org
- **Institute of Medicine:** www.iom.edu
  - School Meals: Building Blocks (2009)
- **Alliance for Healthier Generation:**
  - www.healthiergeneration.org/
- **Action for Healthy Kids:** www.actionforhealthykids.org
- **West Virginia:** wvde.state.wv.us/nutrition/toolkit/
- **USDA: Team Nutrition Program:** http://www.fns.usda.gov/tn/

Wrap Up and Next Steps

Please call your NASBE team for any help or questions:
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