



**Health Index Items**

| Indicator                 | Definitions of having the health asset  | %     |
|---------------------------|---|-------|
| BMI                       | Body mass index of less than the 85th percentile  | 76.0% |
| Physical activity         | At least 60 minutes of physical activity per day for at least five of last seven days   | 50.2% |
| Fruit                     | Consumed at least one fruit per day in the last week                                    | 46.8% |
| Vegetables                | Consumed at least one vegetable per day in the last week                                | 40.3% |
| Sugar-sweetened beverages | Did not consume sugar drinks on previous day  | 23.7% |
| Food security             | Did not skip meals in last 30 days because family did not have enough money to buy food | 95.7% |

\*Grade 5 students are not included in this analysis.  
 \*Only students who responded to all six items were included in the analysis (n=107,665).

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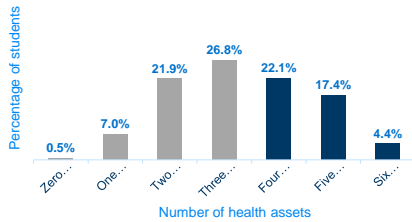
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**About four out of ten students have four or more of the health assets.**




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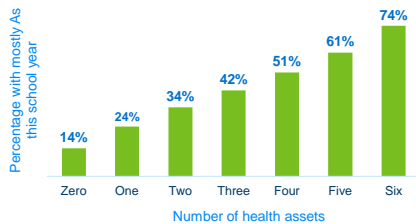
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**As the number of health assets increases, the likelihood of reporting “mostly As” increases.**




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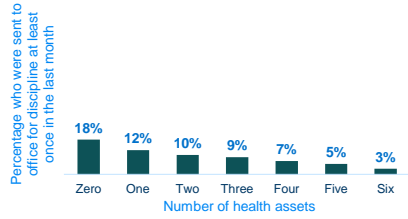
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**As the number of health assets increases, the likelihood of being sent to the office for discipline decreases.**



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**Whole Child Approach**

- Whole School, Whole Community, Whole Child (WSCC) model
- The need for alignment, integration, and collaboration between education and health
- Intended to increase health outcomes and academic success



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**Healthy Hunger Free Kids Act of 2010**

- Allowed USDA, for the first time in over 30 years, opportunity to make reforms to the school lunch and breakfast programs
- Improves the critical nutrition and hunger safety net for millions of children.
- How are schools held accountable?



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## School Lunch Program

The meal pattern forms the foundation of the reimbursable federal school meal program.

- 5 meal components
- All grains must be whole grain-rich
- The student must select at least 1/2 cup fruit and/or vegetable
- Required vegetable subgroups (dark green, red/orange, beans/legumes, starchy, 'other')

| Daily Amount Based on the Average for a Week |            |            |            |             |
|--|------------|------------|------------|-------------|
| Nutrient                                     | Grades K-5 | Grades 6-8 | Grades K-8 | Grades 9-12 |
| Minimum-maximum calories                     | 550-650    | 600-700    | 600-650    | 750-850     |
| Saturated Fat (percentage of total calories) | <10        | <10        | <10        | <10         |
| Sodium (mg)                                  | ≤ 1230     | ≤ 1360     | ≤ 1230     | ≤ 1420      |

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## School Breakfast Program

- The three required food components for breakfast are: grains, fruits/vegetables, and milk.
- The student must select at least three food items, one of which is 1/2 cup fruit/vegetable.

\*Participation rates often increase when schools implement alternative service models such as breakfast in the classroom, grab and go, or second chance breakfast.

| Nutrient Standards                       |  |         |         |
|--|--|---------|---------|
| Daily Amount Based on Average 5-Day Week |  |         |         |
|  | K-5  | 6-8     | 9-12    |
| Min-Max calories                         | 350-500  | 400-550 | 450-600 |
| Sodium (mg)                              | 540  | 600     | 640     |
| Saturated fat (% of total calories)      | <10  | <10     | <10     |
| Trans fat                                | Nutrition label or manufacturer specifications must = 0g per serving |         |         |

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## Healthy Hunger Free Kids Act of 2010

Is it working?

- Increased vegetables (Harvard study has concluded that kids are now eating 16 % more vegetables and 23 % more fruit at lunch)
- Plate waste has not increased (Harvard study showed that new school meal standards did not result in increased food waste)
- Participation rates are back up!

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## What is a Local School Wellness Policy?

- A written document that guides a Local Educational Agency (LEA) or school district's efforts to establish a school environment that promotes health, well-being & ability to learn through healthy eating and physical activity




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## School Wellness Policies

- As of School Year **2006-2007**, all districts were required to establish a local school wellness policy



- Revised requirements for wellness policies were required by **June 30, 2017**

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## Wellness Policies now include....

- Specific goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day
- Standards for all foods and beverages provided, but not sold, to students during the school day
- Policies for food and beverage marketing
- Description of public involvement, public updates, policy leadership, and evaluation plan

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### WHY?

Schools are an ideal place to take preventative measures because of the reach and accessibility.



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### Minnesota Research



## Project SCOPE

(School Obesity-related Policy Evaluation)

<http://www.healthdisparities.umn.edu/research-studies/project-scope>

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Project SCOPE

**ENGAGE**  
students, families & communities

**SCOPE RESEARCH SHOWS** that schools have stronger policies when families, students, communities and businesses are included in decision making<sup>44</sup>

**STRONG POLICY KEEPS HEALTH ON THE MENU**

Schools with strong and customized policies have

- 30% less junk food available<sup>45</sup>
- More students who eat vegetables daily<sup>46</sup>

**HEALTHY STUDENTS ARE BETTER LEARNERS**

Other research shows that when students are physically active and consume nutritious foods they have<sup>47</sup>

- Reduced behavioral problems
- Increased attendance
- Higher grades & test scores
- Increased graduation rates

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## Minnesota Student Survey

- Conducted every 3 years
- Students in 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grade take the survey
- The results tell us about student behavior related to nutrition and physical activity, among many other areas
- Overall Health Index (6 health factors)




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## Healthy Schools- CDC

[https://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academics-ppt.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academics-ppt.pdf)  
**Healthy Eating and Academic Achievement**

| Dietary Behavior/Issue                                     | Related Academic Achievement Outcomes   |
|--|---|
| <b>Participation in the School Breakfast Program (SBP)</b> | <ul style="list-style-type: none"> <li>• Increased academic grades and standardized test scores</li> <li>• Reduced absenteeism</li> <li>• Improved cognitive performance</li> </ul> |
| <b>Skipping breakfast</b>                                  | <ul style="list-style-type: none"> <li>• Decreased cognitive performance</li> </ul>   |
| <b>Lack of adequate consumption of specific foods</b>      | <ul style="list-style-type: none"> <li>• Lower grades</li> </ul>  |
| <b>Deficits in specific nutrients</b>                      | <ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absenteeism and tardiness</li> </ul>   |
| <b>Insufficient food intake</b>                            | <ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absenteeism</li> <li>• Repeating a grade</li> <li>• Inability to focus</li> </ul>                  |

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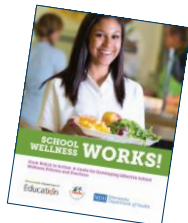
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## MDE Wellness Policy Toolkit

**School Wellness Works!**  
*From Policy to Action:*  
*A Guide for Developing Effective School Wellness Policies and Practices*




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### SHIP Across the State

#### SHIP Communities



- SHIP works in all 87 counties within Minnesota.
- SHIP grantees include 41 community health boards and 10 tribal governments.
- SHIP works in the following settings: schools, worksites, healthcare, and communities.
- SHIP is designed to improve health by reducing risk factors that contribute to chronic disease, resulting in reduced health care costs.
- <http://www.health.state.mn.us/divs/oshii/ship/communities/>

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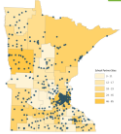
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### SHIP Across the State

2017 SHIP Partner Sites SCHOOLS (n=915)



- **Healthy Eating**
  - Farm to School
  - School Based Agriculture
  - Healthy Foods/Beverages During the School Day
  - Healthy Foods/Beverages in the Out of School Time
  - Smarter Lunchrooms
- **Active Schools**
  - Quality Physical Education
  - Active Classrooms
  - Active Recess
  - Active Before/After School Time
  - Safe Routes to School

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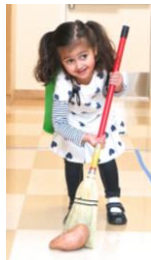
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### Powering Partnerships to Policy

- PowerUp School Strategies
- Community Partnerships
- Wellness Policy Development: Stillwater Area Public Schools
- Role and Influence of RDs




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### Why Focus on School and Community Health?



- Health is more than health care
- Mission to *improve health* in partnership with members, patients and community
- Social determinants of health require partnerships and community engagement
- Schools a key environment for children




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PowerUp is a community-based initiative to make eating better and moving more easy, fun and popular, so youth can reach their full potential.

White Bear Lake  
BEARPOWER

Stillwater Medical Group  
Stillwater  
Stillwater Medical Group  
Stillwater  
Lakeview Hospital  
Stillwater  
Hudson Hospital & Clinic  
Hudson

Amery Hospital & Clinic  
Amery  
Westfields Hospital & Clinic  
New Richmond

HealthPartners  
**powerup**  
Powerup4kids.org

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### 2017 PowerUp by the Numbers



**250**  
Kids and families attended PowerUp in the Park events



**3000+**  
Vouchers for Fruits and Veggies distributed to kids



**780**  
Pounds of candy collected



**2000+**  
Participants attended a Sports Nutrition training (2016/2017 + Fall 2017 school year)

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## 2017 PowerUp by the Numbers



**140+**

Open gyms/skates/dances



**75,000+**

responses were received through social media, website, newsletters and events



**11,000**

students (from 31 schools in the Valley) were inspired to Try for Five fruits and veggies by the PowerUp School Challenge

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### Other PowerUp School Partnership Strategies






- Carnivals and Fundraising
- Concessions
- Sports Nutrition
- PowerUp food coaches



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## Changing Concessions Culture

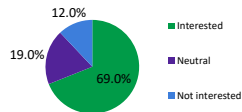
Parents want better concessions:

- **2 out of 3** want more healthy choices available
- **Only 12%** are not interested

*"Sports are part of a healthy lifestyle, seems silly to feed the spectators unhealthy foods!"*

Parent survey comment

Are you interested in having more healthy food and beverage choices available at concessions for kids and families?



Source: Parent Stillwater District Food Choice Survey: School Carnival & Concessions, April – June 2015, 108 Responses (82 concessions, 26 school carnival)




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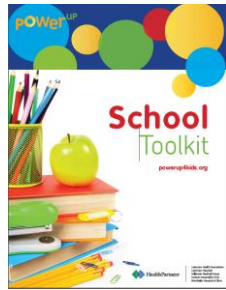
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## School Change Survey and Toolkit

- Elementary teams
- Local action plan
  - School-level change
- 5 Key Areas of Change
- Food & Beverages
  - Physical Activity
  - Screen Time
  - Celebrations
  - Staff Engagement




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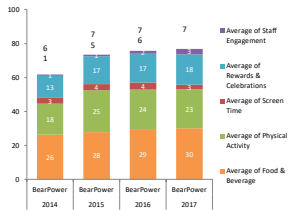
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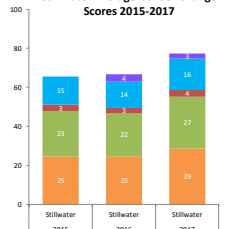
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## School Change Scores as a measure of environment change

White Bear Lake Average School Change Scores 2014-2017



Stillwater Average School Change Scores 2015-2017



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## Stillwater Health Advisory Council

**Vision-** A culture of wellness with healthy, active, curious learners.

**Mission-** Lead Stillwater Area Public Schools forward to create an environment of wellness by nurturing lasting change and shifting cultural norms.

**Purpose-** Advise and advocate for eight focus areas within the district that were established using the School Health Index




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### Policy Promo and Promise

- Strong wellness policy adopted June, 2016
  - Non-food Celebrations
  - Healthy special events
  - Quality physical education
  - “Brain Breaks” and active learning in classrooms
  - Active Recess
  - New standard for ordering and selling healthy food options at concession and for fundraising





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| What's In   | What's Out   |
|---|--|
| Celebrating <b>birthdays</b> in fun and memorable ways that make kids feel valued and loved                                     | Celebrating with cupcakes, candy and excess sugar that makes it harder for kids to concentrate and learn           |
| Making <b>special events</b> in the classroom safe and enjoyable for all with creative celebrations that don't include food     | Dealing with food allergies, dietary requirements and medical conditions that prevent some kids from participating |
| <b>Rewarding</b> students for performance or good behavior with special privileges  | Handing out candy and sugary treats that make it harder for kids to focus in class                                 |
| Working with Nutrition Services to provide healthy and safe options for <b>food-based learning experiences</b> in the classroom | Bringing food from home for classroom projects that may contain allergens or food-borne illnesses                  |
| Providing more nutritious options - like yogurt parfaits, fruits and veggies, juices - at <b>concession stands</b>              | Offering only sugary drinks, candy and cookies at sporting events and other activities                             |
| Promoting healthier lifestyles while <b>fundraising</b> – ex. Fun Runs or dances  | Selling candy bars, doughnuts, cookie dough and other unhealthy foods to raise money                               |


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## Action for Healthy Kids

Action for Healthy Kids® (AFHK) mobilizes school professionals, families and communities across the U.S. to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.




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## Who Are We?



Our goal is to create school communities where children learn how to make healthy choices from the minute they walk in the front door to the minute they leave at the end of the school day.

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## Our Mission & Vision Minnesota



Minnesota Action for Healthy Kids works collaboratively with schools, families, and the community and empowers parents to create a culture of health and wellbeing where the healthy choice is easy and valued. Our goal is to remove barriers and increase opportunities in the school environment to enable all children to be healthy, active, safe, engaged, supported and challenged every day. We believe healthy kids are better learners and establishing healthy habits in childhood will set the stage for a bright future for Minnesota's children.

Our State Team's objectives for 2017-2018 are:

- To engage and equip the school community to take action for healthy kids.
- To promote the health and learning link to school leaders to build policies that support these outcomes.
- To engage and empower parents to support wellness at home, at school and in the community.

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## Minnesota Action for Healthy Kids

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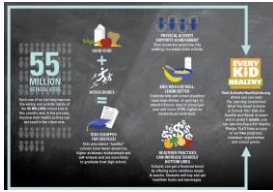
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## Why Schools?



### Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

[tinyurl.com/AFHklearn](http://tinyurl.com/AFHklearn)



## Get Your Game On



Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

<http://www.actionforhealthykids.org/game-on>



## Game On



<http://www.actionforhealthykids.org/tools-for-schools/game-on>



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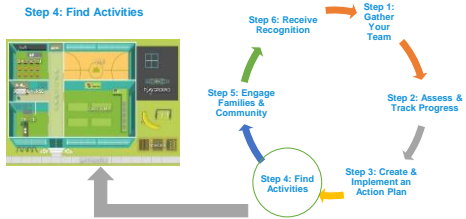
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## Game On



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## Every Kid Healthy™ Week

- Annual celebration of schools' wellness achievements
- Effort to create nationwide momentum
- Recognized on the National Health Observances calendar
- Takes place last week of April each year (April 23-27, 2018)
- Over 1,600 schools in 46 states hosted Every Kid Healthy events in 2016



Register your event : [actionforhealthykids.org/every-kid-healthy-week](http://actionforhealthykids.org/every-kid-healthy-week)



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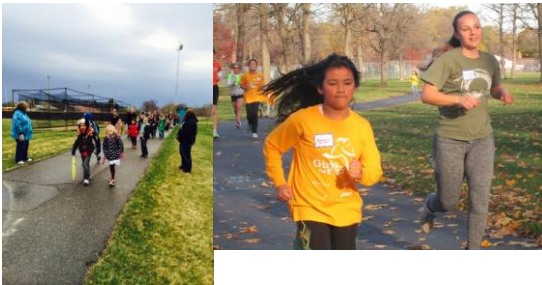
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## School Grants for Healthy Kids

AFHK has grants for School Breakfast, Nutrition and Physical Activity

### Grant Writing Tips:

- Stay focused and specific
- Use data to support your project
- Clearly identify partnerships
- Articulate how the program will sustain post-grant



[www.ActionforHealthyKids.org/grants](http://www.ActionforHealthyKids.org/grants)

Learn • Act • Transform



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# SuperFit School Challenge



A fun, healthy, active fundraiser for students

It's a triple-play event:

- Raises funds for school and AFHK;
- Energizes the entire school community;
- Includes a healthy eating and physical activity toolkit, fundraising program and five station obstacle course



[www.superfitschoolchallenge.org](http://www.superfitschoolchallenge.org)

Learn • Act • Transform




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# Parents for Healthy Kids



Action for Healthy Kids • National PTA  
Sponsored by ALDI

[www.ParentsforHealthyKids.org](http://www.ParentsforHealthyKids.org)

Learn • Act • Transform




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## Follow Us for More Resources



Stay up to date on success stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!




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Learn • Act • Transform




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### Thank You!

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HealthPartners

