



# School Wellness: Moving From Talk to Action

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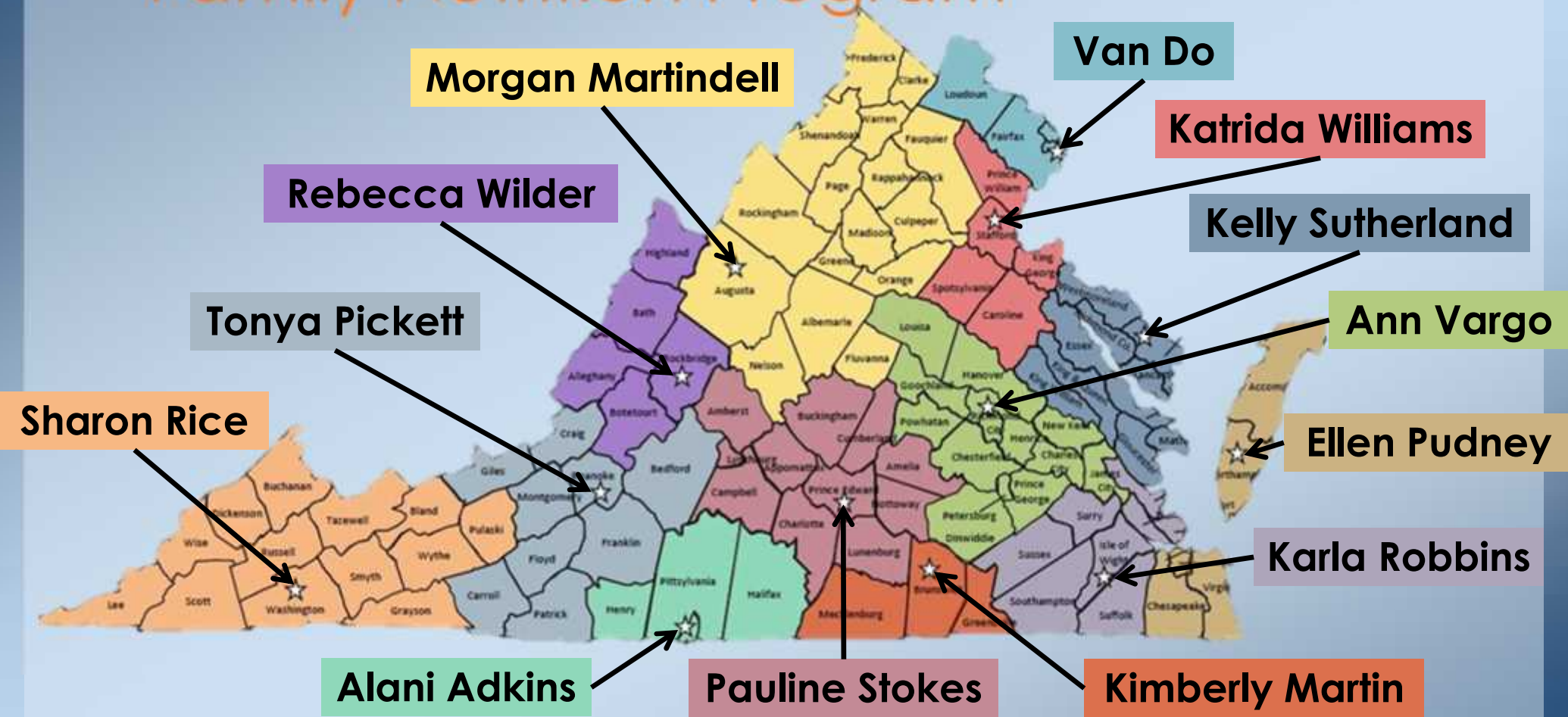
# Overview

- Background
- Timeline
- Challenges

# Background

- Virginia was one of seven states to receive the CDC grant “**State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health**”
- **Accomack County Public Schools** was one of 14 targeted communities for the grant
- **Partnership among VDH, VCE, and DOE** to support the targeted communities in promoting school health
- Tonya Lewis volunteered to be the **School Health Champion (SHC)** for Accomack County Public Schools

# Family Nutrition Program



# Sustainability through Partnerships



**ACCOMACK COUNTY**  
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# Sustainability through Partnerships

## Virginia Department of Health

- \$2,000
- Fitness Skillastics kits for each elementary school



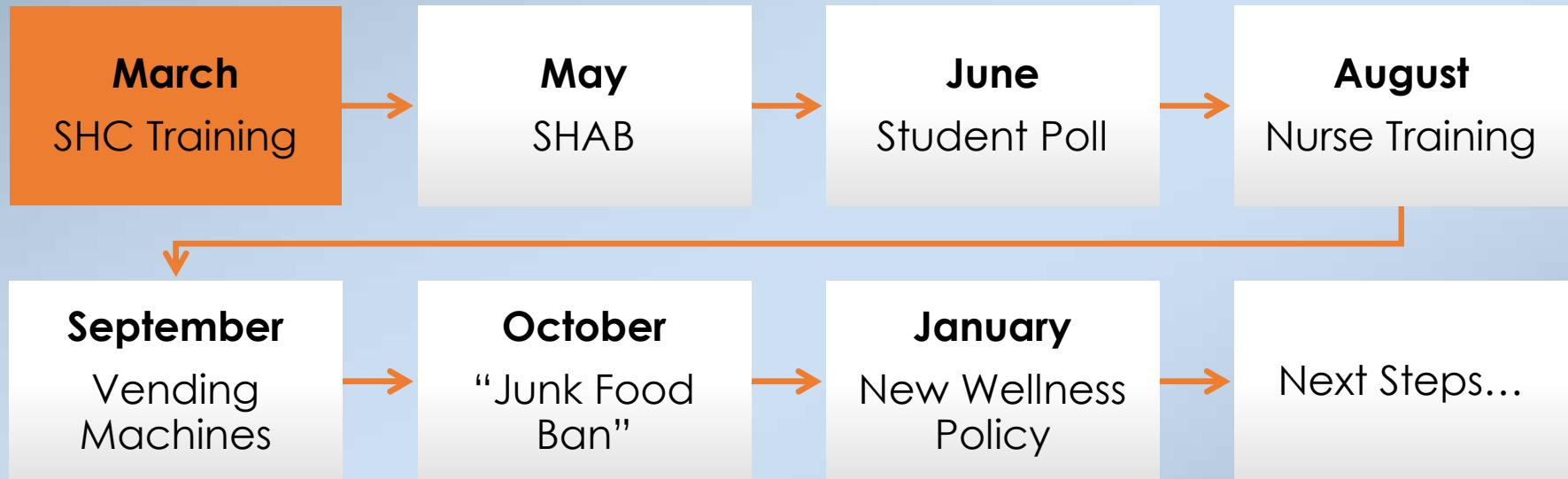
## Family Nutrition Program

- Hula hoops
- Beach balls
- Frisbees
- Banners





# Timeline

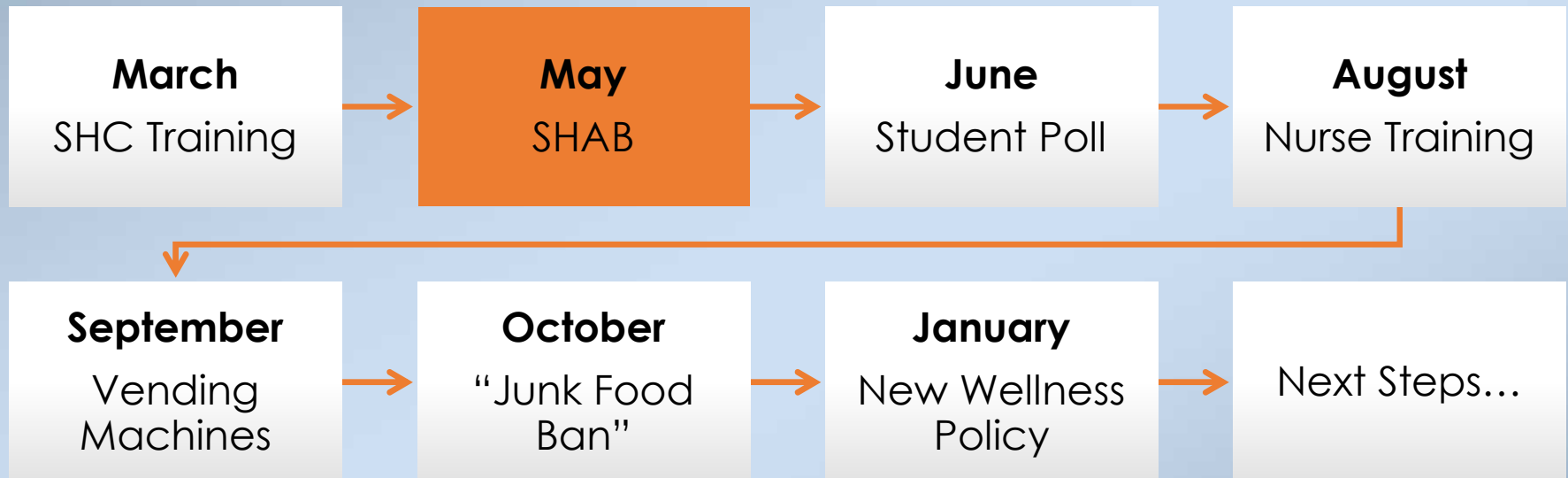


# Building Virginia School Wellness Champions Workshop

- Policy to Action: Making the Case for Healthier Schools
- Building Collaborative Teams
- Best Practices in School Health Advisory Boards
- Panel Discussion: Sustainability Through Partnerships



# Timeline

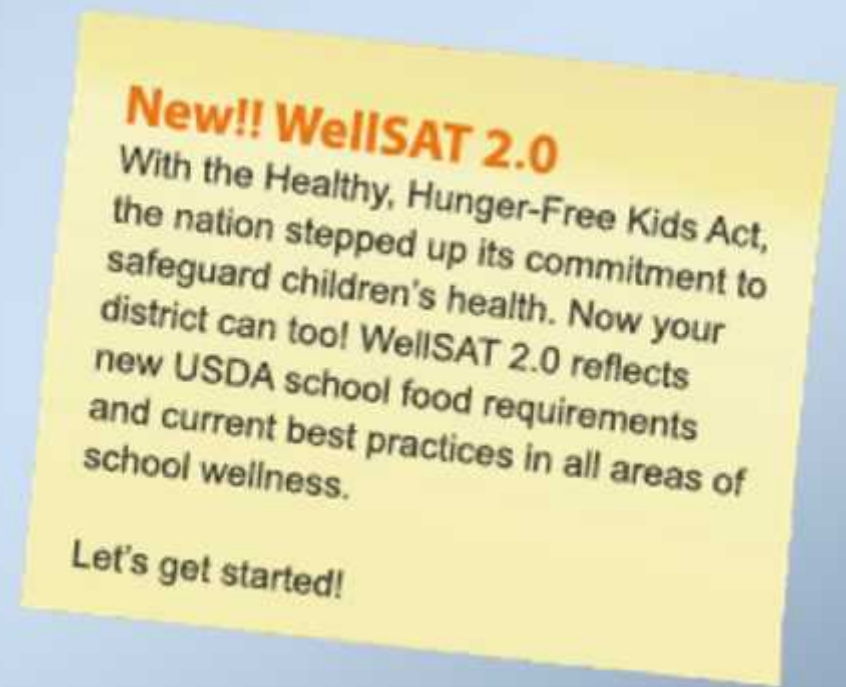


# School Health Advisory Board (SHAB)

- School Health Coordinator
- Cooperative Extension
- Community members from the local hospital and health clinics
- Representative from the local health department
- Representative from the School Board
- Representative from the Instructional Team
- Representatives from the high, middle, and elementary schools
- Parent
- School nurse

# Wellness School Assessment Tool 2.0

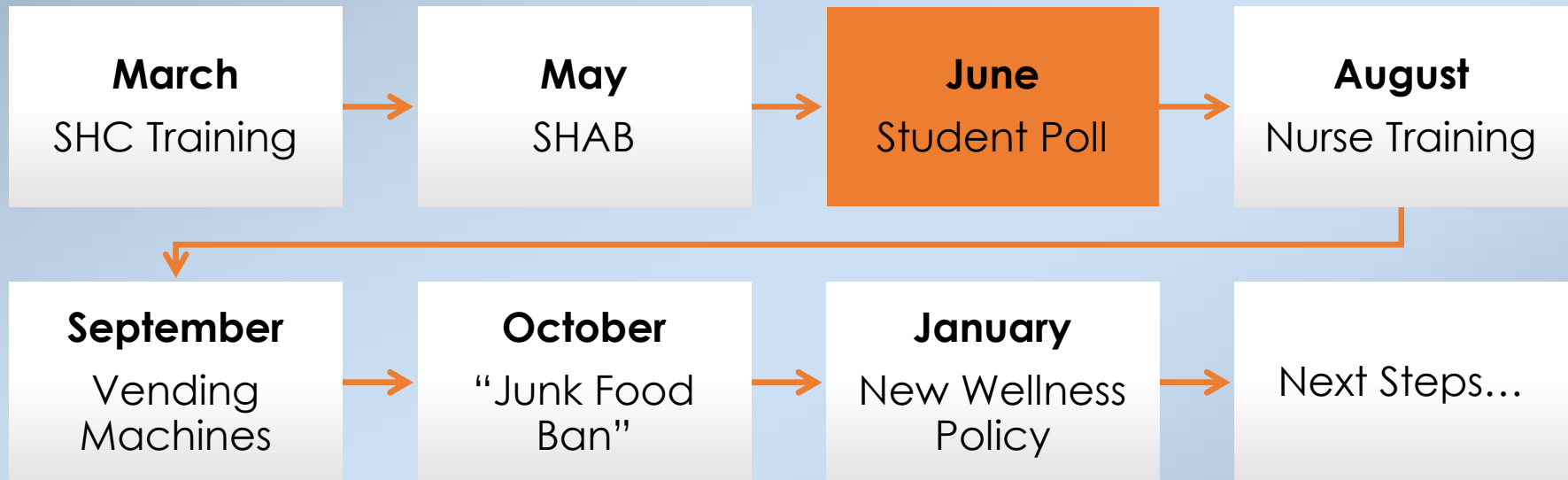
- Scale of 0 to 100
- Lower scores = content is lacking and that language is weaker
- Higher scores = level of content is more in depth and the language is concise and descriptive
- *Comprehensiveness* scores reflect the extent to which the recommended areas of content were covered within the policy
- *Strength* scores refer to how strongly the policy content is stated
- <http://www.wellsat.org/>



# School Wellness Policy Scores

<b>WellSAT 2.0 Item</b>	<b>Comprehensiveness (weighted score)</b>	<b>Strength (weighted score)</b>
<b>Nutrition Education</b>	100	86
<b>Standards for USDA Child Nutrition Programs and School Meals</b>	64	29
<b>Nutrition Standards for Competitive and Other Foods and Beverages</b>	91	45
<b>Physical Education and Physical Activity</b>	75	45
<b>Wellness Promotion and Marketing</b>	80	60
<b>Implementation, Evaluation and Communication</b>	45	36
<b>Overall Score</b>	<b>76</b>	<b>50</b>

# Timeline

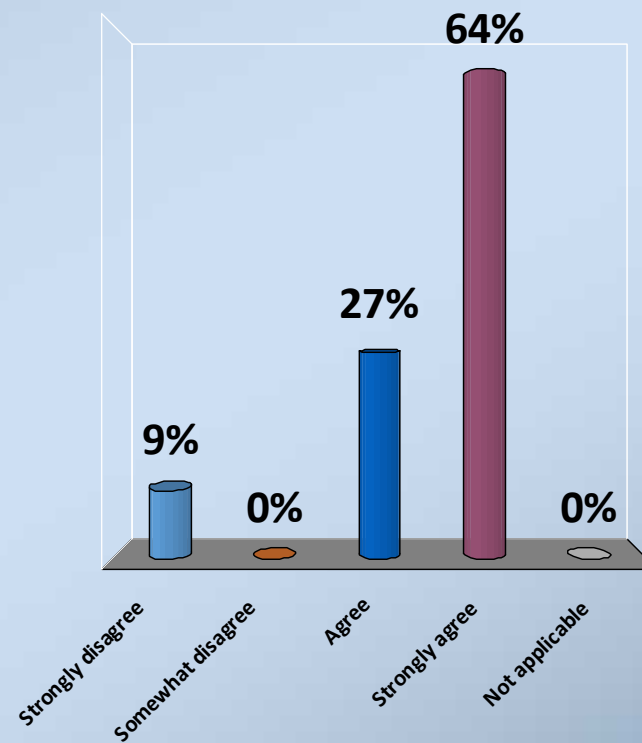


# 2016 Nurse Aids



“Most of the students at my school have seen some teachers use food to reward students (i.e. candy for good behavior).”

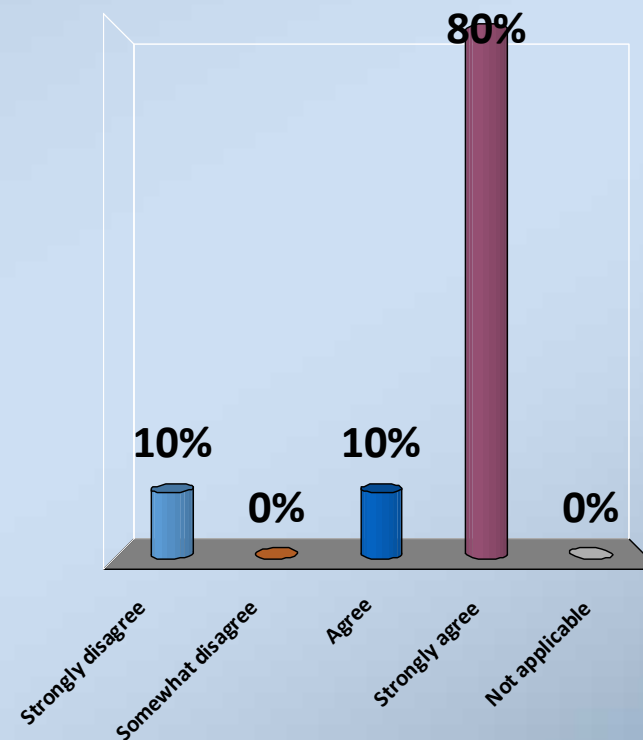
- A. Strongly disagree
- B. Somewhat disagree
- C. Agree
- D. Strongly agree
- E. Not applicable





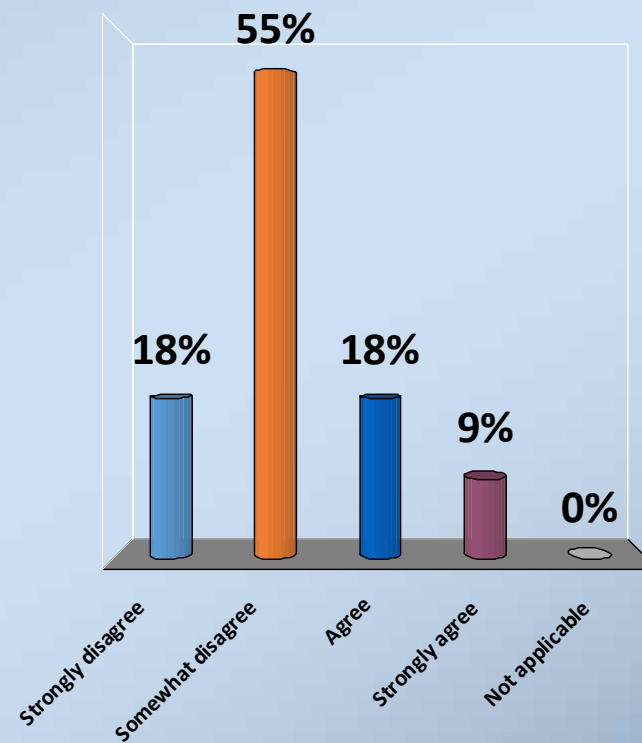
“Most of the students at my school have seen some teachers (or other staff) eating or drinking unhealthy foods/beverages.”

- A. Strongly disagree
- B. Somewhat disagree
- C. Agree
- D. Strongly agree
- E. Not applicable

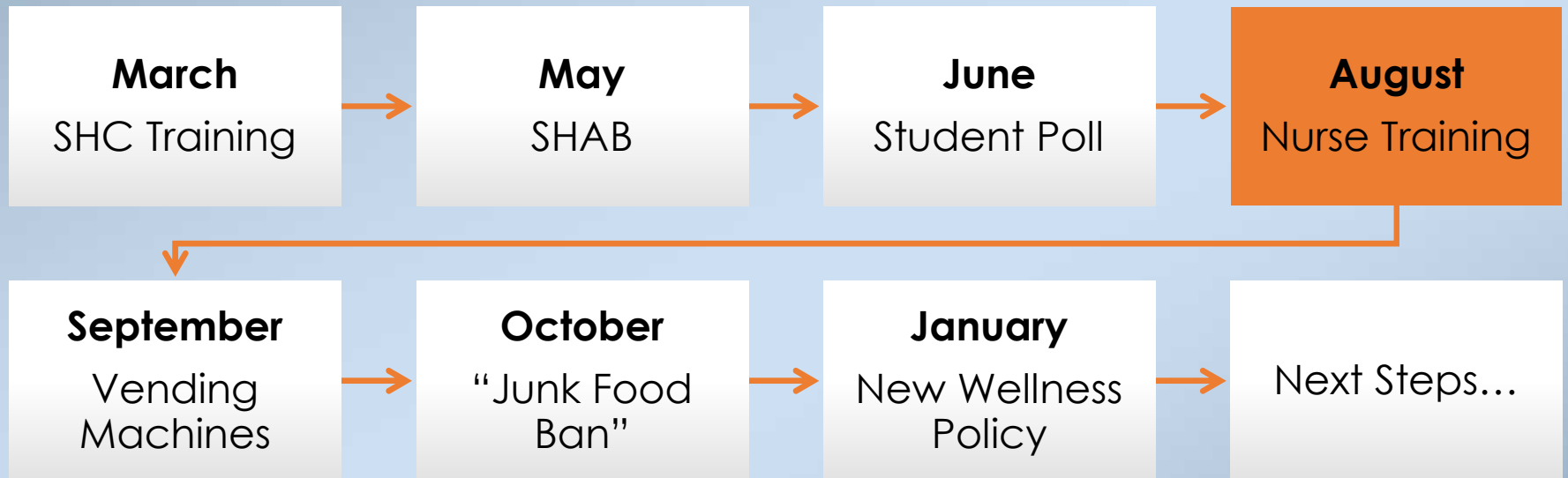


“Most of the students at my school would think being healthy helps you do better in school.”

- A. Strongly disagree
- B. Somewhat disagree
- C. Agree
- D. Strongly agree
- E. Not applicable

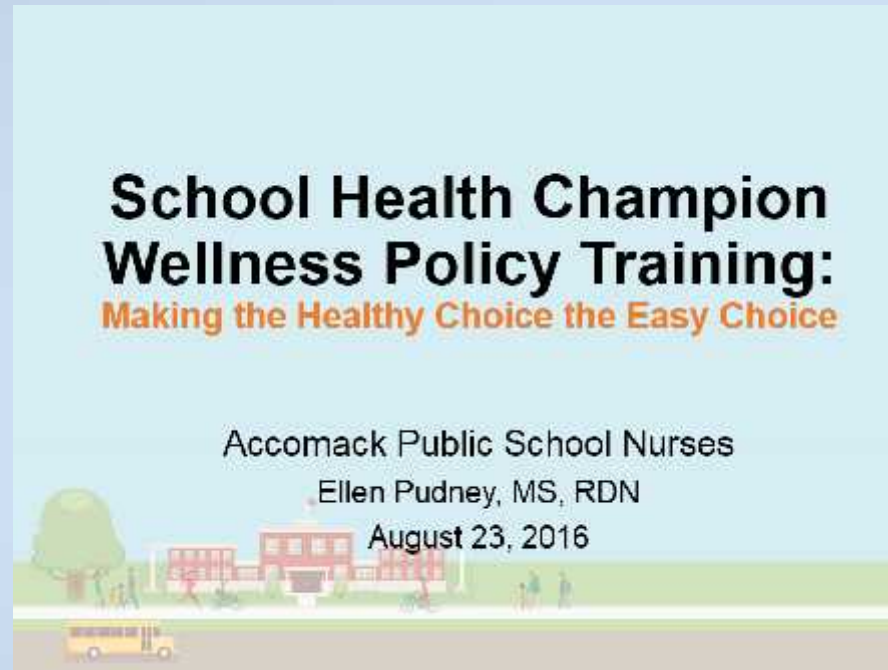


# Timeline



# Trained School Nurses

- Each school nurse is now a School Health Champion for their school
  - Smart Snacks
  - Rewards and Punishments
  - Celebrations
  - Staff Wellness



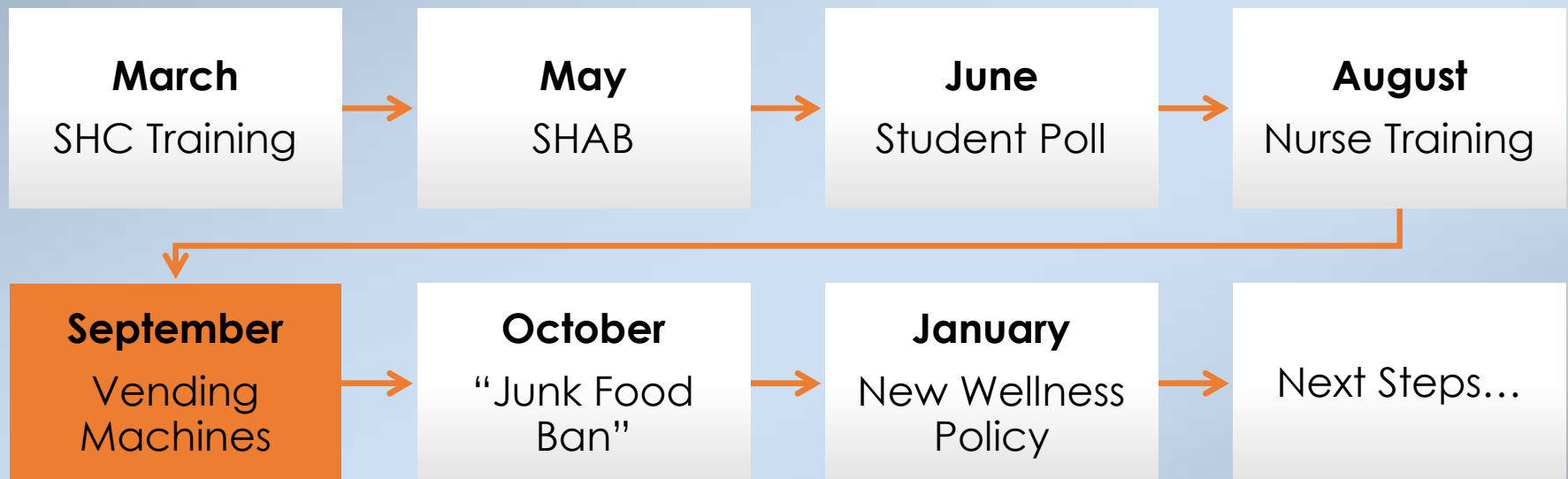
# Banners in Nurses' Offices



# Bulletin Boards



# Timeline





# Snacks

Before



After



# Drinks

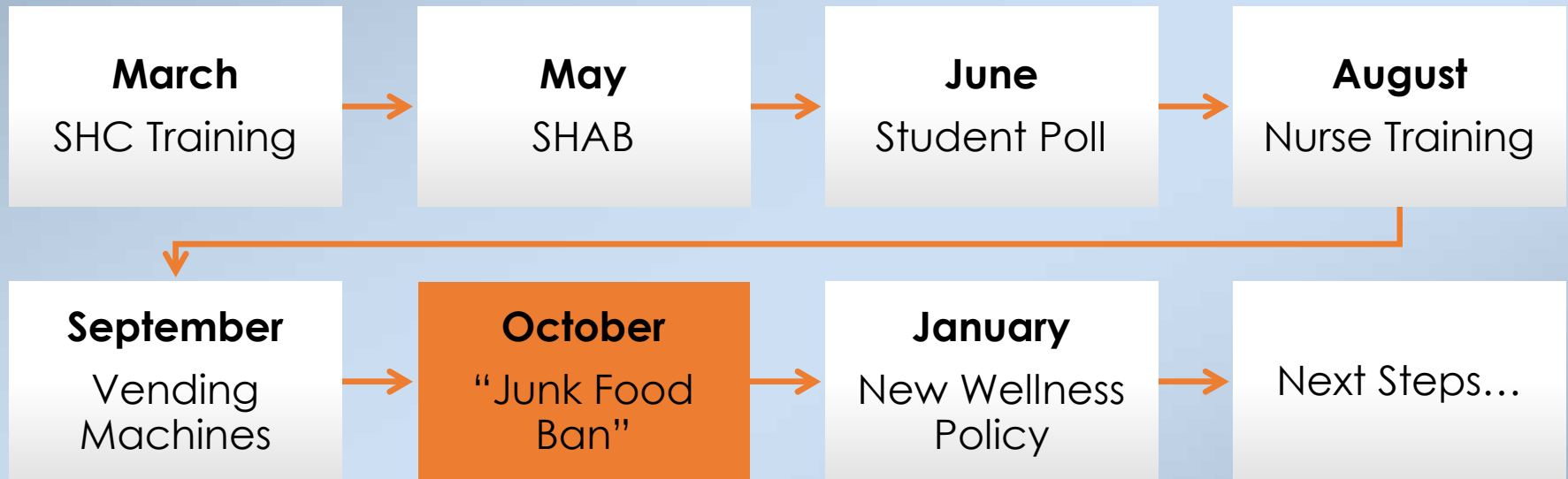
Before



After



# Timeline

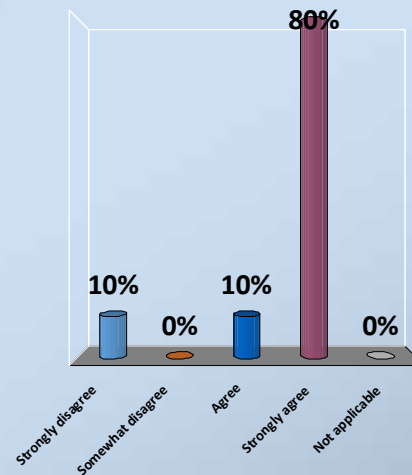


# Junk Food Ban – for teachers

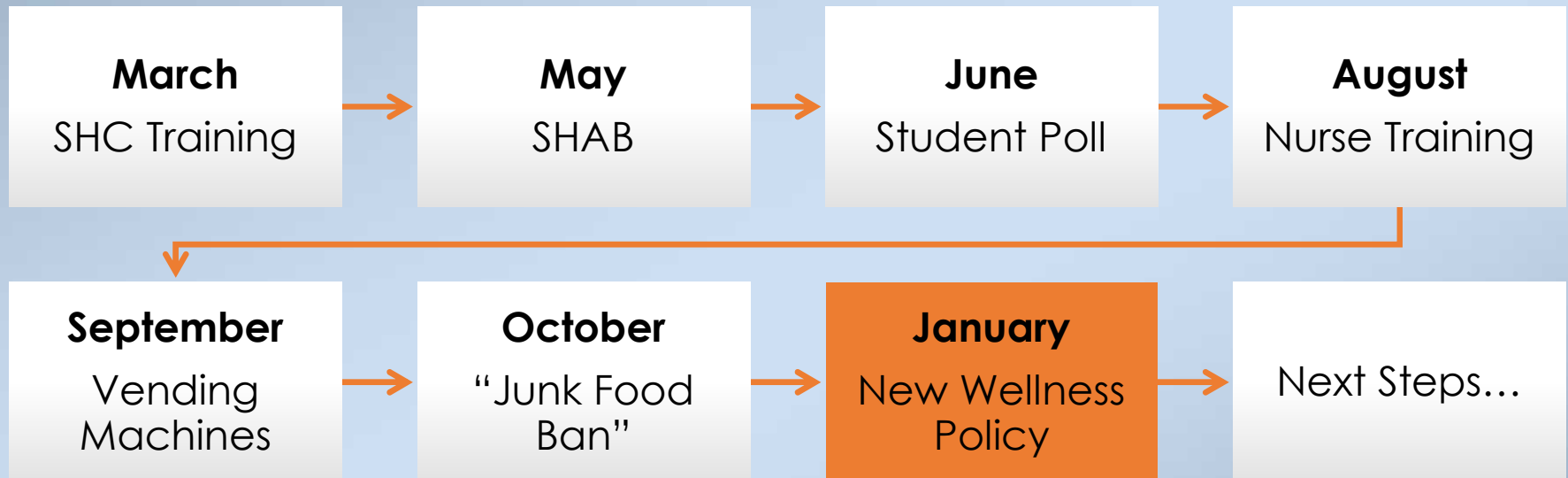
- Nandua High School Principal – Mr. Parker

“Most of the students at my school have seen some teachers (or other staff) eating or drinking unhealthy foods/beverages.”

- A. Strongly disagree
- B. Somewhat disagree
- C. Agree
- D. Strongly agree
- E. Not applicable



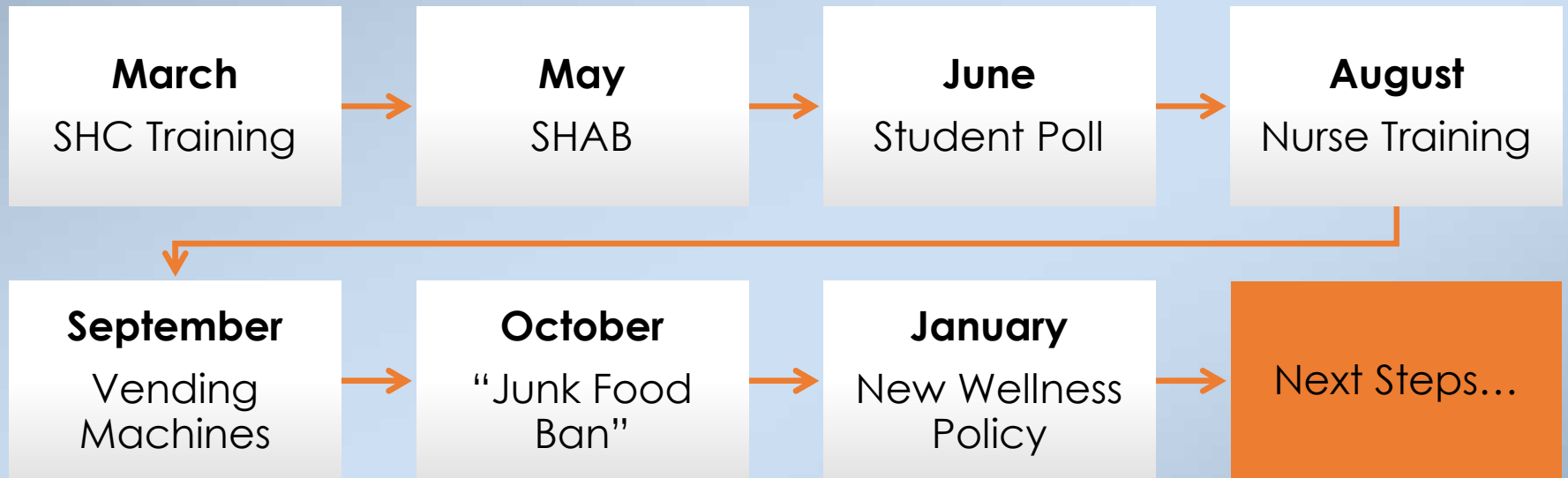
# Timeline



# New Wellness Policy

- Alliance for a Healthier Generation
  - Implementation, monitoring, accountability, and community engagement
    - Ex: empowering school nurses and principals
  - Food and beverage marketing
    - Ex: vending machines
  - Fundraisers
    - Ex: state law of 30 exempt fundraisers
- Presented to:
  - Instructional Team
  - Superintendent

# Timeline





# Next Steps

- Once policy gets **approved by the School Board** we will train the principals and the school nurses on the new policy
- School nurses will then **provide trainings and support to the teachers to enforce the policy**
- School principals will also enforce the policy and **document progress**

# Challenges

- **Financial Concerns** for Vending
  - Changed vendors and now seeing no decline in revenue
  - Kids complained at first, but they are still buying the snacks
  - Teachers complained because they liked the candy in the vending machines
- **Backlash** from Teachers
  - “We're adults, we should be able to eat what we want”
- **Lack of Understanding** by School Officials
  - Instruction team did not know what was in the current wellness policy
- **Expectations**
  - Taking longer than expected

Thank You!



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**Family Nutrition Program**  
Epi Smart Move More

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